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*The Inbetweeners!***



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The Simpsons!
Teve !**





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THIS WEEK

22-28 OCTOBER 2010

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GIRLS!

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IN Nuts!



CARS!

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STARS!

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IN THE Nuts OFFICE!



Nuts man Reg plays pool with the lads



Our missing designer, Yam, has a visit from India and Emma

Nuts NEWS

THE KWIK-E-MART'S TOP SELLER, EVERY WEEK!

Banksy does *The Simpsons*!

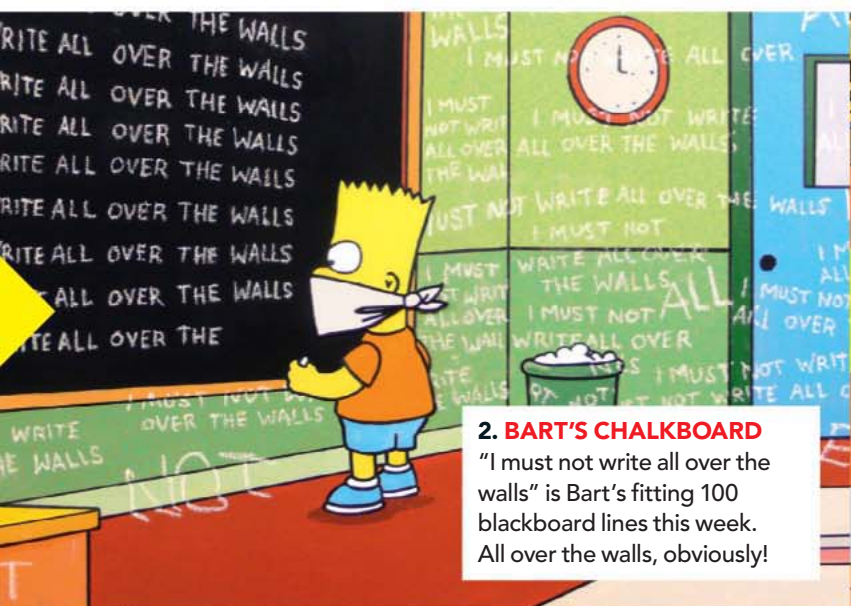
Graffiti artist takes over the toon's famous intro!

Why Bristolian graffiti artist Banksy is well known for sticking up cheeky wall-daubings, then laughing at the folks who throw money at them. So you'd think he'd be a strange choice to hijack *The Simpsons*' opening credits.

But no! A Banksy-directed opening premiered last week in the USA and is heading this way!

The episode with the Banksy intro is on Sky One in the UK at 7.30pm on Thursday 21 October

WORDS: RORY BUCKERIDGE THE SIMPSONS™ AND © 2010 TWENTIETH CENTURY FOX FILM CORPORATION. ALL RIGHTS RESERVED. GETTY



2. BART'S CHALKBOARD
"I must not write all over the walls" is Bart's fitting 100 blackboard lines this week. All over the walls, obviously!

3. TAGGING

The camera pans out of the classroom to show that the graffiti artist has been busy tagging Springfield's walls.



6. BAD NEWS FOR CATS
Next up, we pan across to a shredder, which kittens are put through to provide fluffy insides for Bart dolls.

7. PANDA LABOUR

And tied-up pandas, getting whipped the whole time, are used to pull the carts full of Barts around the factory.

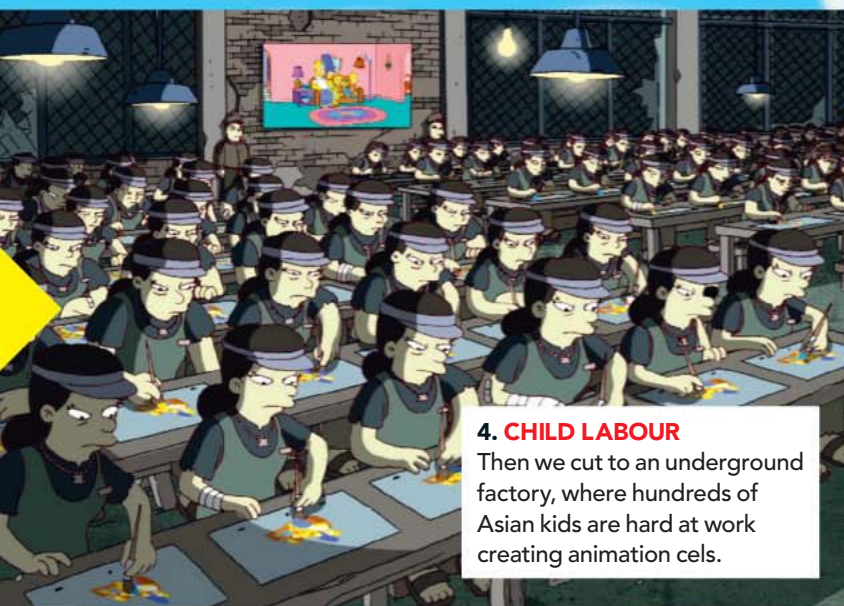


THE SIMPSONS



1. THE FAMOUS RAT

Rats are a recurring feature of Banksy's work, so a rodent in the mouth of a freakish, three-eyed crow was no big surprise!



4. CHILD LABOUR

Then we cut to an underground factory, where hundreds of Asian kids are hard at work creating animation cels.



8. FREE THE DOLPHINS

With the toys packed up for shipping, a beheaded dolphin's tongue is then used to paste the cardboard boxes shut.

'It's almost as famous as Katy Perry's cleavage!'

The Simpsons' executive producer Al Jean on how it happened

Hi Al! So, how did this collaboration happen? I saw Banksy's movie, *Exit Through The Gift Shop*, and we approached his "people" and said, "Would you like to do a couch gag for the show?" He submitted boards, which were basically what you see in the show. We lost some things, but it was 95 per cent of what he wanted.

As Banksy's anonymous, how could you be sure you were working with him? The boards we got were in his style and by an extremely proficient artist. But I haven't met him and don't even know what he looks like, except what the internet says.



Finally, what kind of feedback have you got? The word I'd use is enormous. Other than showing Katy Perry's cleavage, I can't think of anything that's gotten this much attention. By my barometer, about 90 per cent think it's really funny and 10 per cent don't like the taste of it. Which is the ratio of all the great things we've done!



5. TOXIC SLUDGE

And one poor child has to expose the cels by dipping them in toxic waste. This is starting to get a bit dark!

9. MYTHICAL CREATURES

And finally, a depressed-looking unicorn is roped in to punch holes in *The Simpsons* DVDs with his horn. Brilliant!





Wait 'til you see my 'Stealth Bumming' pictures!!!

Miner spam!

Funny takes on those underground chaps in Chile!





"More importantly, how many of these girls are still single?"



"Fava beans? I'd settle for baked beans after that!"

Seems someone down there wasn't accounted for...

oops...

Nuts NEWS



The EuroStar diversion hadn't gone too well



"Right, for that joke, you're going back in!"

Dead big!

US beach plays host to 200-tonne whale!

Nuts fact: blue whales are big. Like, over 30 metres long and weighing 200 tonnes big. When one washes up dead on your beach, you can't just roll up your sleeves

and shunt the chunky happy back into the drink.

So you might say the people of Bean Hollow Beach, California, had a wee problem when this monstrous specimen turned

up on their shore. After much deliberation, the local science academy decided all they could do was let it decompose naturally – and presumably rename the beach “Stinky Hollow”.





"Actually, I
ordered the cod"



WASHED UP!



Helen Flanagan

In *Coronation Street* DVD

For someone tied up in their bra and knickers, Helen seems very relaxed about the whole thing! Great news for us for when we get married. Hell, if Martin Luther King can have a dream...



Arianny Celeste

On the beach, Malibu

The Octagon's favourite ring girl shows what she likes to do when she's not saucing up the UFC – hitting the beach in a bikini. Beats hitting people in the face, like her fighty chums.

RUDE NEWS

A veritable Chilean gold mine of hot lady news!



Adele Silva

On the beach, Santa Monica

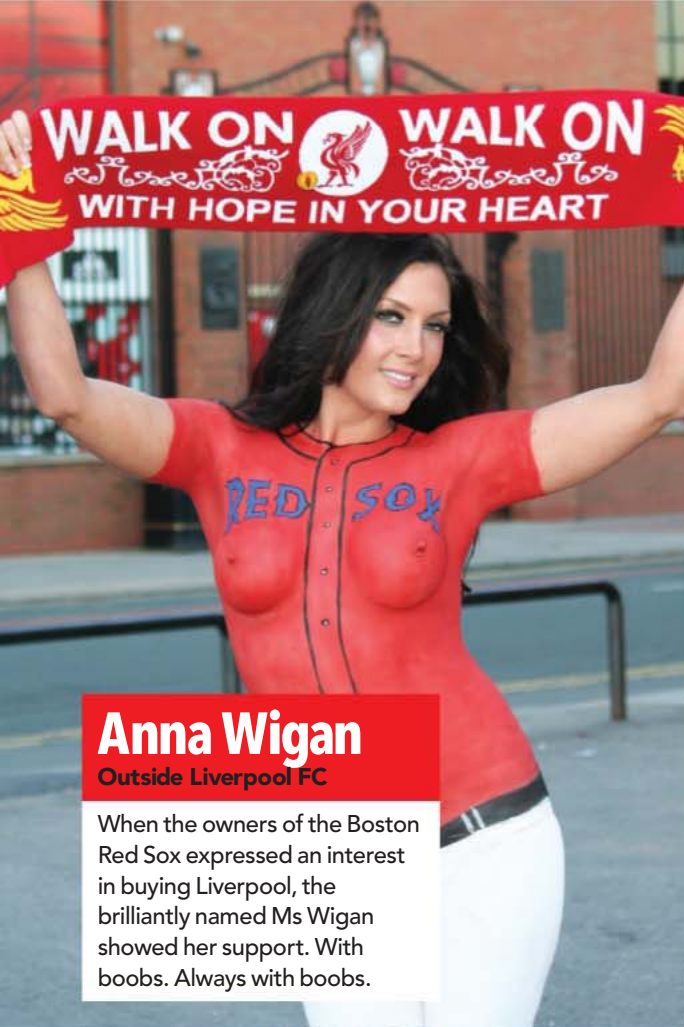
Adele will be back on TV soon in *Celebrity Come Dine With Me*. She could cook lard on toast with toe jam gravy, and we'd still score a 10 – if it wasn't burnt. We've got standards.



Yvonne Strahovski

In an episode of *Chuck*

It's a universal rule of TV that if your cast includes a hot lady, you must include a scene requiring her to strip to her undies. Rules is rules, Yvonne. Pop your clothes on that chair...



Anna Wigan

Outside Liverpool FC

When the owners of the Boston Red Sox expressed an interest in buying Liverpool, the brilliantly named Ms Wigan showed her support. With boobs. Always with boobs.



Sam Rowley

Photo shoot, London

The *Seven Days* honey is a model, so we're now tripping over hot shoots of her in the corridor. This is a lingerie set from, well, the past. What do we look like? Rowley biographers?

NEWS FLASH!... NEWS FLASH!... NEWS



Nuts news flash!

Emma Frain on the rescued Chilean miners

"I'd have gone crazy down there as I'm scared of the dark. Nuts should organise a big party for them and I'll serve the drinks!"



"What do you mean I've got a chopper in my mouth?"



"Er, aren't you supposed to be a vegetarian?"

The cheeky boys!

Men impale themselves. In the name of vegetarianism, obviously!

As meat-loving blokes, we find the very idea of a vegetarian festival a bit strange, but this one in

Phuket, Southern Thailand, is even more bonkers than most!

That's because participants at this event willingly stick guns,

swords, hooks and other weird stuff through their faces!

This mental act of piercing is said to lift evil spirits from these

crazy blokes and bring them good luck. We can't help thinking just having a bit a chicken with dinner would be a tad easier!



"Be honest – have I got something in my teeth?"



"Hey, look what I just caught!"



"Hmm, think I'll just use a toothpick next time!"

14 Nuts



"Note to self: get a tool belt"

Wispa-tastic

adj; [whisper-tas-tik] The creamy
dreamy bubbly chocolate sensation
you get when eating a Wispa.

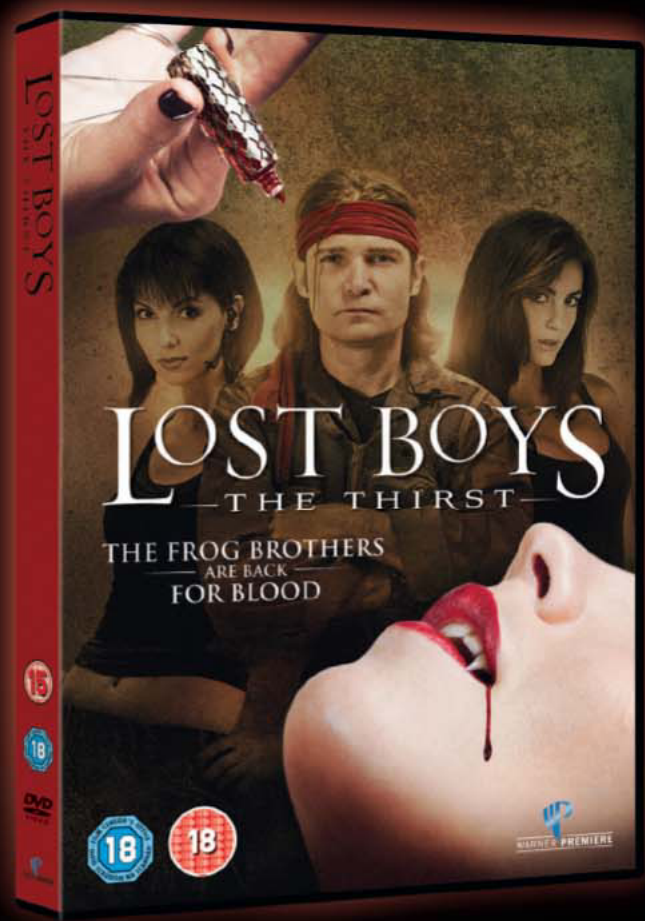
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"I just love Russell Brand's picnics"

REVEALED!



It's Neil's sister: topless!

Inbetweeners hottie does "artistic nudity"!

It may have CGI ropier than a mid-season *Doctor Who* episode, but fair play to straight-to-DVD croc-shock slasher flick *Lake Placid 3* for bagging top UK lady stars, and convincing them of the merits of the gratuitous nude scene (necessary for the role™).

Not only does *Emmerdale* hottie Roxanne Pallett do a "full monty" in the opening scene,

we also get *The Inbetweeners'* honey Kacey Barnfield – Neil's scorching sister and cricketer Stuart Broad's real-life missus – also refreshingly clothes-free.

The movie won't be troubling the Oscar judges, but the ladies get five stars and a double thumbs-up here at *Nuts*!

Lake Placid 3 is released on DVD and Blu-ray, 25 October

"Do I need new heating? No, I'm hot already"

ONTELLY!

"You said you were bringing the GPS"



THE **Nuts** LIP-READER!

When he watches a match, he sees every word!

John Cassidy is a **real** lip-reading expert. And an FA coach!



Ref: "Don't tease me.
Don't tease me, OK?"



ENGLAND VS MONTENEGRO Wembley, Tues 12 Oct, 8.30pm
Adam Johnson steals a few yards for a free-kick – and gets told off.



Wayne Rooney: "Oi, ref! He's f**king done that three times!"

ENGLAND VS MONTENEGRO 9.09pm Wazza intervenes after Montenegro's Stefan Savic hacks down England's Ashley Young.



Fabio Capello: "Yellow!
That's a yellow! Hey!"

ENGLAND VS MONTENEGRO 9.44pm The England boss can't believe it when Savic escapes a second booking for a hefty challenge.

POTTY-MOUTH OF THE WEEK!



Gareth Barry: "Hey! I headed the f**king ball, for f**k's sake!"

ENGLAND VS MONTENEGRO 9.21pm The England midfielder pleads his innocence after picking up a booking for an elbow.



Rio Ferdinand: "They will give it to you!"

ENGLAND VS MONTENEGRO 9.47pm The full-time whistle goes and Ferdinand tells an opponent who to see about getting his shirt.

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REBOOTED!



"Delivery for Mr Gene Hunt!"

Brand-new Ford Capri!

Break out the fluffy dice – the classic coupé is making a comeback!

- According to motor industry whispers, a reboot of the "must-have" car of the '70s and '80s is in the pipeline. Ford already has the hot hatch territory tied up, with the Focus ST and RS, and rumour has it that this coupé throwback could make an appearance in 2011!
- It's likely that Ford will base the car around the Focus, meaning a front-wheel drive layout. But a 4x4 model could use the Ford Kuga's Haldex

all-wheel drive components. This system automatically decides how much power each wheel needs, depending on the terrain it's covering.

- Again piggybacking the Focus, the Capri will share its range of engines. The EcoBoost direct injection 1.6 turbo engines push out 150-180bhp. Also expect an ST version to be packing a beefy 2.0-litre, 203bhp EcoBoost motor beneath the bonnet bulge.

- And don't rule out a Capri RS for the boy racers. This could steal the mighty Focus RS500's 2.5-litre, 5-cylinder Duratech turbo that bench-presses 345bhp and 339lb-ft of torque.
- Suggestions are that the Capri will accelerate from 0-62mph in 5.6 seconds and hit a top speed of 163mph.
- Its profile harks back to the original '70s model, with a tail-heavy stance, familiar C-shaped rear windows and thick pillars. Using chunky

arches similar to the Focus RS, the Capri brings retro up to date with a pair of deep air vents behind the wheels and a Mk3-style quad-headlamp front grille.

- We could see one in the metal as soon as January 2011. Don't be surprised if the silk sheets get yanked off a concept at Detroit's January motor show – or Geneva in March 2011.
- A new Capri should set you back about £17,000.

The players' car park at Anfield reflected Hicks and Gillett's ownership



16
www.pegi.info



NOW IT'S A FIGHT



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OCTOBER 22



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Nuts EXCLUSIVE!

Holly Peers' first ever calendar!

It's month after month of heavenly Holly! Outstanding!

We always love to bring you saucy exclusives here at *Nuts*, so when one of our fave busty beauties, Holly Peers, told us she had something "very special" coming up, we got rather excited!

And here it is – Ms Peers' breathtaking new 2011 calendar, which she shot in sunny Portugal just a few weeks ago.

"The weather was much better than in Britain, so I felt compelled to take all my clothes off," she told *Nuts*. "I hope you don't mind!"

Not at all, Holly. Not at all!

Buy Holly's 2011 calendar at nuts.co.uk/calendars



WORDS: FRANK TENNYSON PHOTOS: IMM PICTURES



HOTSTUFF!



The Jägermeister had a predictable effect



A QUICK WORD WITH...

Russell Howard!

Russ on aliens, hoverboards and running the London Marathon!

Hi Russell! Your *Good News* is back on the telly! Is that good news for you? It's great news for me. I love it! What news stories are you disappointed to have missed since the last series? One of my

favourites was this bloke whose car was getting broken into at two in the morning, so he went downstairs and jumped in the car, completely naked, and said, "Where are we going then?" The thief ran off, so he drove around town trying to find him, until he realised he should go back home because nobody would believe him driving around naked. I laughed my head off when I read that! **This will be the third series of *Good News*. What will you be reporting on in the 20th series come 2020?** The robots will have taken over! So, who's doing well in the latest *Robot X Factor*, which will probably be two evil robot twins with Jedward quiffs. The thing I'm most looking forward to is hoverboards. We've been promised them since *Back*

To The Future II [which came out in 1989]. Someone needs to get their finger out of their arse and make them happen! **What was more knacker – cycling from John O'Groats to Land's End in four days for Sports Relief or running this year's London Marathon?** The marathon. The cycling we did in two-hour shifts and everyone was a laugh, so it wasn't that bad. I did the marathon without any training. What's lovely is that people shout your name. "Go on, Russ! Well done, Russ!" After 20 miles, I thought I'd walk for a mile and straightaway people were like, "You lazy b*stard! Run, you f**ker." So I just had to start running again in case random strangers abused me. That didn't really happen on the bike ride. "Go on, Fearné Cotton, you lazy cow!"

Why aren't you on *Mock The Week* any more? I've stopped for a series because it conflicted with my own show. We're covering similar areas, so I'd end up being average on both. I'd rather be really good on my own! Don't worry, I'll be back! **You're visiting 12 cities for your 19-date *Right Here, Right Now* tour in 2011. Is it like a massive holiday?** Not really. It's actually hard work. I've sold out the O2 for February 2011 already. **What if the world has blown up by then?** I'd be f**king gutted if I sold out the O2 and just as I'm about to do it, everyone gets wiped out by aliens! That's not happening.

Russell Howard's *Good News* starts on 21 October on BBC Three. The Best Of Series 1 is out on DVD on 15 November



"How come Boyle gets a motorbike?"

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DON'T LOOK!

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"Yeah, this my pet snake, Pinky"

SLICED OPEN!

'I could see all my bones and tendons!'

Clean slice gives *Nuts* reader three thumbs! **HE'S OK NOW!**

Many sharp and dangerous objects surround a carpenter, but it was one of the smallest that caught out Tom Stokes, from Leicester, leaving his thumb flapping in the breeze!

Tom, 19, tells *Nuts*, "I was working on a window frame

with a Stanley knife. It was really wet, so the blade slipped and lopped straight through my thumb. I didn't realise it had happened at first because I'd cut through my nerves. When I looked at the wound, I could see my tendons and bone clearly because it was such a clean slice!

"After about 20 seconds, blood started gushing out. I went to the hospital and they gave me local anaesthetic and an X-ray to check if I'd chopped into the bone. I hadn't, so I was patched up and sent home, though my thumb's still numb. Don't mess with Stanleys, they're sharp!"

"The knife also cut my hair"



Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

Nuts GEAR

£60



Korg Monotron

www.firebox.com

Nuts says: Weird battery-powered musical instrument that parps out synth sounds straight from '80s acts like OMD and The Human League (ask your parents) via the tiny keyboard. Strangely fun.

Free with contract



LG Optimus 7

www.lge.co.uk

Nuts says: Nice, slick blower running the new Windows Phone 7 operating system. It's optimised for gaming (via Xbox Live) and video, plus you can finally get apps – they've launched 2,000 of them.

Puma King 10 Diego Finale boots

www.prodirectsoccer.com

Nuts says: Launched to commemorate Maradona's 50th birthday, these bad boys mix an old-school fold-over tongue and central lacing with innovative AptoLast uppers that mould to the feet.

£125



The outsole is made from light thermoplastic material

£100



Philips GoGear Muse

www.philips.co.uk

Nuts says: Classy 8GB media player throws up movies on a 3.2in touchscreen, then outputs your stuff to a TV in 720p high def. "FullSound" tech spruces up your MP3s.

Windows Phone 7 incorporates multiplayer gaming

Check out more reviews at www.nuts.co.uk/reviews



Nuts PROMOTION

Let the battle commence!

Are men better drivers than women? SEAT Sex Drive finds the truth!



Gents, the time has come to finally put to bed that age-old question – are blokes really better drivers than women?

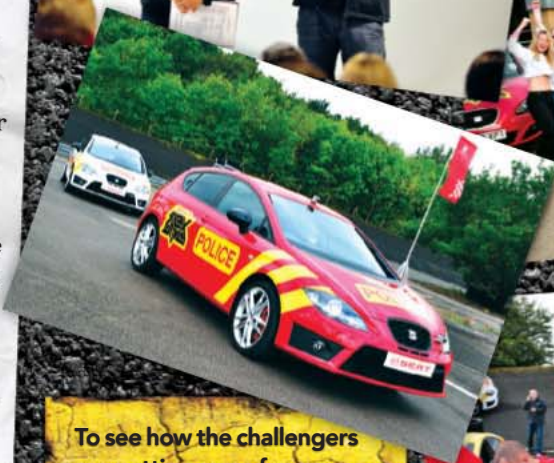
Nuts has teamed up with sporty car manufacturer SEAT on the filming of the SEAT Sex Drive show – in which a men's team, led by celebrity driving nut Jack Osbourne, take on a team of women in a series of extreme driving tests to prove who are the better drivers.

Hosted by *Fifth Gear*'s top totty Vicki Butler-Henderson and equally car crazy Jonny Smith, the SEAT Sex Drive show sees 300 hopefuls put

through five challenges, with eight drivers (four men and four women) making the final.

All these mad driving tests – such as “Cops & Robbers”, “Stunt Drive”, “Pitstop”, “Water Torture” and the final “Relay” – take place in SEAT Leons, including the most powerful production SEAT, the awesome Leon CUPRA R, which boasts a skid-mark producing 265bhp!

We sent Nuts man Sam and Nuts babe India to join in the challenges. And having lost the warm-up event, the Nuts Office Chair Challenge, Sam was eager to prove himself. Find out next week how he got on!



To see how the challengers are getting on so far, go to nuts.co.uk/seatsexdrive

YOUR LETTER

Bumders, Bristols and a new reader challenge!

Send your letters to **nutsletters**



Stand in between us

LETTER OF THE WEEK!

Dear Nuts,
Me and my mate were working in Uxbridge and we met Will and Simon from *The Inbetweeners*! What a couple of bumders!

Elliott Cross, Sutton

We'll pass on your kind words. Yeah, they're our mates now – as you can find out on page 44!



Strike one!

Dear Nuts,
This is me in my *Nuts* top, on the phone, holding a balloon. Don't ask me why, but I thought you'd enjoy it anyway!

Georgie Strike, Worthing

Maybe you're phoning people telling them how cute you look. While holding a balloon.

Rach for the stars

Dear Nuts,
I saw Rachael in your recent issue and did a sketch of her!

Toby Page, Warwickshire

That may just be our best reader art yet – and yes, *Nuts* blokes, that is another challenge!



She Rox

Dear Nuts,
As you can see, my *Nuts* vest and shorts got me all excited!

Roxanne Hannay, Cornwall

We feel a little flustered ourselves, Roxanne!



STEALTH BUMMING CORNER!

ONLY IN Nuts!



"We're on anti-piracy operations in Somalia and we've started a stealth-bumming league on the ship!" *Sean, HMS Montrose*

Flaming great

Dear Nuts,
We're the RAF Fire And Rescue crew at Camp Bastion and we just wanted to say thanks for all the magazines you sent us!

Tommy Johnson, Stockton-On-Tees (and Afghanistan)

Our pleasure, chaps. In return... Can we have a go on the big fire truck? Pleeeeease!



RS!

@ipcmmedia.com or to the address on p68

An information stand for men

Dear Nuts,
I saw this at a shopping mall and thought you'd like it. Information on Bristols and direct sex – what more could a man want?

Lee, Bristol

Free doughnuts as well? OK, maybe that's just pushing it!



*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY

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YOUR JOKES!

All the best gags, every week!

Send your jokes to nutsjokes@ipcmedia.com or to the address on page 68

SHORT JOKES!

Q: How do you make a dog drink?

A: Put it in a blender

Ricky Williams, London

Missed an episode of *The Inbetweeners*? Don't worry, you can catch the entire episode on Facebook as soon as it's over!

Nick, South London

A shop assistant asked me why I needed 20 pots of Tipp-Ex this morning. Big mistake

Grish, via email

I've invented a kitchen cleaner that kills 0.1 per cent of bacteria. I plan to sell the secret to Domestos

Bob, via email

Hell's Angels recruits were getting wimpier every year



JOKE OF THE WEEK!

Radio gaga

I had to phone in to my favourite radio station earlier to complain about a terrible screeching noise. They said there wasn't much they could do. If someone requests a Joe McElderry record, they have to play it!

James, London

A pig's tale

A yokel is driving around the farm, checking fences. After a while he calls his employer on his mobile.

"Boss, I've got a problem," he says. "I've hit a pig on the road and he's stuck in the grille of my truck. He's still moving. What should I do?"

"In the back of your truck is a shotgun," says the farmer. "Shoot the pig in the head – then sling it."

Ten minutes later, the farmhand calls back. "I did what you said," he says. "But there's a problem."

"What?" snaps the boss.

"The blue light on his bike is still flashing," says the farmhand.

Henry James, Bristol

Bank on it

A man goes into a bank wearing a mask. He tells everyone to get down and points a gun at them. He's worried his voice might be recognised, so shouts out, "Does anyone know who I am?"

One guy says, "I do."

The gunman shoots him. He asks again.

A woman says, "Me."

Bang! He kills her.

"OK, any more?" he says.

Another bloke pipes up, "My wife does."

Peter via email

The student would do anything to extend his overdraft



Win a Sony LCD TV and a DVD!

Send jokes to nutsjokes@ipcmedia.com or to the address on page 68. To celebrate the Blu-ray/DVD release of blood-spattered medieval adventure *Black Death*, we're offering the sender of this week's best joke a Sony LCD TV and a copy of the film.*



PHOTOS: GETTY, ALAMY, ALLSTAR, REX. *EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS ON PAGE 68 APPLY

YOUR JOKES CTD...



"Er, don't go under the duvet for the next five minutes, love"

Game for a laugh

My wife told me we should play some sex games to spice up our love life.

Unfortunately, "Guess who I shagged last night?" didn't go down very well.

Archie, via email



"Who said my missus was a bit of a pig?"

Small fortune

A small frog goes to see a psychic who tells him, "Soon you're going to meet a beautiful blonde girl who wants to know everything about you."

"That's great," says the frog. "Where will I meet her? At a bar, at a party?"

"Not exactly," replies the fortune teller. "Next term, in her biology class."

Jimmy Baol, Glasgow

FAMOUS BLOKES' JOKES!

MARK WATSON:

"An interview in Australia began with the DJ saying: 'We're now joined by Mark Watson, a great British comic, who I must say I've never heard of.'"

JIMMY CARR:

"A snail can travel over a razor blade without cutting itself. Or, to put it another way, sometimes scientists get very bored"

TIM VINE:

"I went back to this girl's flat and she had an eight-foot light switch. I thought, 'That's a huge turn-off.'"

DAVE CHAPPELLE:

"The police wouldn't believe my house if they broke into it - it's too nice. They'd say, 'Looks like this black guy broke in and hung up pictures of his family everywhere'"

RICKY GERVAIS:

"Anyone who thinks women aren't funny is an idiot. Two of my favourite comedians of the last 25 years are Lily Savage and Dame Edna Everage"

STEWART LEE:

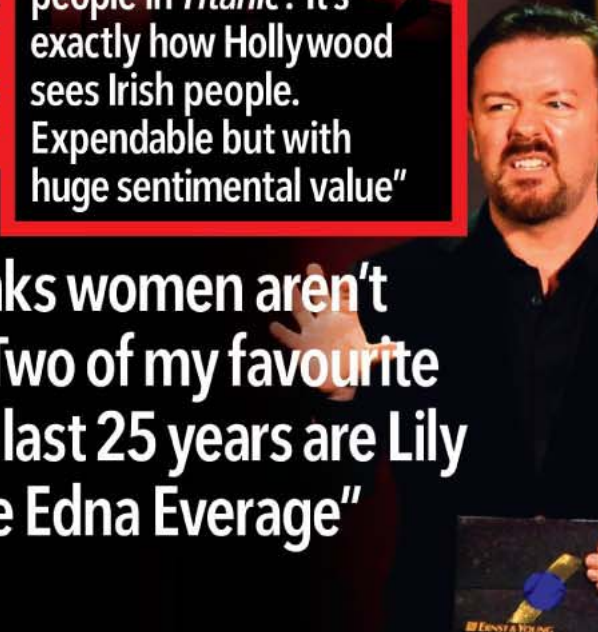
"What I say to people in the north of England is: not every town has to have a cake named after it"

MICHAEL MCINTYRE:

"I got a phone call at 2am and all I could hear on the other end was heavy breathing, so I put the phone down. This happened five times before I realised I was sleeping on my mobile, prank-calling myself."

DARA O'BRIAIN:

"Have you seen the Irish people in *Titanic*? It's exactly how Hollywood sees Irish people. Expendable but with huge sentimental value"





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IN THE WOODS!



THIS
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£100
WINNER!

LEXIA AND CHARLOTTE 24 and 23, from Sheffield
"It was a bit chilly, so we had to cuddle up to get warm!"



IN A MEADOW!

LORRAINE 23, from Leicester
"Look what you can find in the fields near where I live!"



IN THE STICKS!

KIMBERLEY 22, from Lancashire
"I went for a walk in the country and seemed to lose all my clothes!"



AT THE TABLE!

ROSIE 20, from West Yorkshire
"Right, all you Nuts readers, would anybody like a rack... of pool?"

Win £100!



All printed pics get a Nuts vest-and-shorts combo. The winner gets £100!* Send your snaps to nutspopout@ipcmedia.com or by text to **0771 388 8008**.



having a night in?

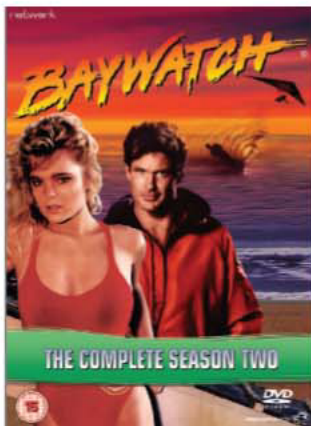


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THE TRUTH ABOUT SEX WITH... **LUCY PINDER!**

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com

**ONLY IN
Nuts!**

IN OUR OFFICE!

I want my fun!

My girlfriend has banned me watching adult movies. Isn't she being a bit unreasonable?

John, Wolverhampton

This depends on how much and how often you're watching them. If it's an excessive amount, she may have a point, but if you're just watching the odd blue movie it's unreasonable for her to ban you. Most girls won't freak out if you just watch a little bit but if you're getting your rocks off every day, that's too much. Talk to her about it and try to agree to cut down on the amount you watch to keep you both happy.

Nuts BABES' SEX TIPS!

No.29: "Give your lady a baby oil massage, starting from her neck - then going downwards!"
Emily Diamond



She's too loud!

The racket my girlfriend makes when she orgasms puts me off. Is it normal for a girl to shriek her head off like a banshee?

Simon, Prestwick

I wouldn't say it was normal that girls are so loud it puts their boyfriends off, but you have to address this. Maybe you could lie and say the neighbours have complained about the noise - that way it won't upset her and hopefully, she'll keep it down!

Am I addicted?

How would you define a sex addict? Because I'm 18 and I literally cannot stop thinking about it! I'm getting worried.

Preston, Truro

Don't worry - you're 18, it's probably just your hormones! Maybe think of some other ways of keeping yourself busy to take your mind off it if it really does bother you that much.

I don't like her kinky side!

My girlfriend is into some really kinky things. I'm not. We're a perfect match, apart from in the bedroom. Are we doomed?

James, via text

It's really important to be sexually compatible. Your girlfriend can't expect you to do things you don't enjoy, so make sure she knows when you feel uncomfortable. Try as hard as you can to make it work, but if you don't enjoy sex with your lady, things will be tricky.



**NEXT TIME: ROSIE JONES
ANSWERS YOUR LETTERS!**



**"It's OK to watch
the odd blue movie!"**

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Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash! ** T&Cs on page 68.



MASSIVE SAVING!

"I really don't think you can argue with savings of this quality." **Anon, via text**



STARE BEARS!

"My missus left her pile of teddies like this one morning. She's weird!" **Corey, via text**



PROUD BOAST!

"Normally, I hate 'erection' puns, but this one is a cut above!" **Anon, via text**



HEAD SHOP!

"This was in Turkey. I went in, but there was no such gift on offer!" **Dan, Birmingham**



NIP EXCER!

"This is my mate showing that he enjoyed his visit to the Boobery!" **Anon, via text**



NICE NIFF!

"This was painted on a theme park ride. A bit fishy methinks!" **Stuart Coxhill, via email**

SCREWED FOOD CORNER!



"Here's my re-creation of the last scene of Ghostbusters!" **Matt Shaw, Lancaster**

GHOSTBUSTERS!

*BY SENDING NUTS YOUR CAMERA PHONE PICTURE, YOU ACCEPT RESPONSIBILITY FOR ITS CONTENT AND ITS PUBLICATION. **EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY

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Nuts NEXT TOP MODEL!

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Nuts!

Introducing the hottest new models - in their first ever Nuts shoot!

Prudence

She's a 32D cutie from Cambridge!

Hi Prudence! How does it feel to be *Nuts'* Next Top Model? It's absolutely brilliant! I was over the moon when I was told I was going to be appearing in *Nuts*.

Tell us a bit about yourself. I was at university taking English and Drama when I realised I wanted to be a model. So I completed my course and got straight into it. And what better place to start than Britain's biggest men's magazine?

Indeed! What do you wear on a night out on the pull? I love backless, slinky dresses with inch-high killer heels and nothing else! **What's your favourite part of your body?** I love my bum! I work so hard to get it into shape. **If you could be any animal for a day, what would you be?** A cat, because they get to run around all day and when they want some relief, they can come home and somebody will stroke them.

You wouldn't mind having to lick yourself clean? Maybe. I'd prefer it if someone did it for me.

What's your favourite lingerie?

French knickers - they cover up a bit and leave you guessing.

What kind of man do you like?

I like guys who take care of themselves and are a bit cocky.

Where's the craziest place you've done rude things? In Regent's Park in London. We were horny, so we had a rustle in the bushes!

Finally, do you have any sex tips for our readers? Be confident in bed, even if you're feeling nervous!

Want more Prudence?

Want to see more of Prudence in *Nuts*? Email us at: topmodel@ipcmedia.com



**"I had
sex in a
park!"**



THE INBETWEENS

TV's funniest fellas take on the *Nuts* Question Bucket!

"The legs on this table are a bit high"

BLAKE!

JAMES!



"I NEVER FANCIED TEACHERS - THE GIRLS WERE FITTER!"
—BLAKE

There's no doubt that the funniest, sweariest and most embarrassing thing on the telly this year has been the third series of *The Inbetweeners*. So, on the eve of the release of the new DVD, we thought we'd get the boys down the pub, stick the *Nuts* Question Bucket in front of them and watch the results. Enjoy!

Hi Inbetweeners! Series three is out on DVD next week. What are your favourite catchphrases from the series?

James We never know what's going to be a catchphrase when

we're making the show. We honestly can't tell what's going to catch on.

Simon: What we do get a lot is, "Beep beep de-beep de-beep!"

James: That's the "Tara Alert", which we do whenever Simon talks about his girlfriend.

Blake: I knew that'd catch on!

Right, let's dip into the bucket! You go first, Simon.

Simon: OK. "What's the weirdest thing you've put in your mouth?"

James: My tongue?

Joe: Besides all of our penises?

Simon: Yeah, that's the most natural thing in the whole world.

INBETWEENERS!

INBETWEENERS



"If I was God, I'd make animals talk" — Joe



JOE!



SIMON!

It's beautiful! What's the weirdest thing? Probably a girl's tongue! Disgusting! Like a different gender, in my own mouth.

James: That's weird!

Simon: A girl's tongue in a man's mouth! Imagine!

You're next, Joe.

Joe: The question is, "If you were God for a day, what's the first thing you'd do?" Make it so that animals could talk!

James: If a lion was able to speak English, you wouldn't be able to understand it!

Joe: Rrrrrroar!

James: That's a saying?

Simon: Yeah, that's a saying!

Blake: Is it?

James: Well, something like that! If a lion could speak English, you wouldn't be able to understand him. His references would be so far removed from ours.

Your turn, James.

James: Right then. "What's the manliest thing you've ever done?" Me and my flatmate went to Las Vegas this year – that was pretty man-ish. What would Jay say is the manliest thing he's ever done? Probably got into a fight with eight bouncers.

Simon: Before f**king all their

girlfriends in front of them.

James: And then moving on to their mums!

Enough of that – time for your go, Blake.

Blake: Right, the question says, "Did you fancy any of your teachers at school?" No, I never got the whole "fancying teachers" thing. The teachers were all too old. The girls were much fitter!

James: I had a teacher who I really fancied.

Joe: What was his name?

James: Her name was Miss Kojak. Natalie Kojak, if you're

reading this, please get in touch. I'm 23 now. It's perfectly legal.

You're up next, Joe.

Joe: "Do you think you could knock out a horse?" I think a horse has quite a thick skull.

Simon: If you had help and some tranquillisers.

Joe: I've got a lot of ketamine around. I'll just reach into my pocket and take out the K that I have on me at all times.

James: If a horse broke its leg, out of the four of us, you'd be the most up for shooting it. Because you're quite "country".

Joe: I suppose I would. I'm the ➔

AT THE BAR!

"And I thought my white wine was a tad fruity"

"I ONCE WENT FOUR DAYS WITHOUT A WASH" - JAMES

most rusticated out of all of us.

James: Would you do it?

Joe: I would do it if the poor beast was in pain – it's merciful.

James: Where would you shoot the beast?

Joe: Right up its arse! Just give it one last moment! One final thrill before it... [mimes a horse having a bullet up its backside.] *Whoaaa!* Right, moving on...

Simon: "If you could only listen to one piece of music while making love, what would it be?" Well, have you heard this one? [Simon hums *The Inbetweeners* theme.]

James: What's the song that's always played on the show?

Joe: Kate Nash.

James: I'd listen to Kate Nash and think of Kate Nash to keep me going a bit longer! Ha-ha!

Simon: Kate Nash? She's quite pretty, isn't she? Let's not pick on Kate Nash! What has she ever done to us, except make music that we've used for our show?

James: No, she's a good girl. God bless her.

Pick a question, please, Joe.

Joe: "What's the strangest place you've ever been naked?" Easy. On a boat in *The Inbetweeners*. It was filmed in Littlehampton.

James: And also on a mock fashion runway.

Simon: On TV in general, really.

Joe: Yeah, so anywhere, really. Any room someone watches *The Inbetweeners* in, I've been naked in! That's a bit scary.

James: He was really up for getting his ball out. [In series three, Joe's character Simon does

a catwalk show with one testicle hanging out.] We convinced him he needed to get it out much earlier than he needed to!

James: We were in rehearsals and we kept saying, "Get your ball out!" We all took pictures!

Simon: I know Joe's testicle better than I know my own.

Pick a question, James.

James: "What's the longest you've gone without a wash?" I went for four days in January.

Simon: That's bad.

James: I wasn't happy about a few things in my life and I lived on a beanbag for four days. It was named "Beanbag Island" because my flatmate was away as well and so I sat there alone on a beanbag for four days. There was everything I needed around me.

Simon: Did you wash your hands? What if you did a sh*t?

James: Well, no.

Blake: Did you have a pan next to the beanbag for your sh*t?

James: I was p*ssing in a bottle.

Simon: This is low! Please tell me that was the last question!

Not quite. Go on, Simon you get to pick out the last question.

Simon: "Have you ever worn ladies' underwear?" I can't say I have but I won't rule it out. The silk, so smooth on the skin...

James: I'm part of the majority that wears the brief.

Joe: No, you wear pants.

Simon: Old pants from when you were eight years old.

James: I like the ones from American Apparel. They're pricey, but I'm off the telly so...

James: I ripped a hole in Joe's pants this week.

Simon: We were literally giving him a wedgie.

Joe: Yes, I was getting wedgied.

Thanks, Inbetweeners! We haven't seen the end of Jay, Neil, Simon and Will, have we?

James: We're doing a little movie and I think that will be a send-off for *The Inbetweeners*. Although I can see us doing some sort of Christmas special.

Simon: When we're all out of money! A cheap and disappointing reunion.

Blake: After the film, there'll be a long break.

James: It's up to the writers. They love the show so they won't do anything that's rubbish. If they came up with a genuinely good idea we'd all be on board. So, we'll see you then, *Nuts!* ■

The *Inbetweeners*: Series 3 and the box set of series 1-3 are out to buy on DVD from 25 October

"Does Nuts ever get the beers in?"

"I won't rule out wearing ladies' pants" - Simon

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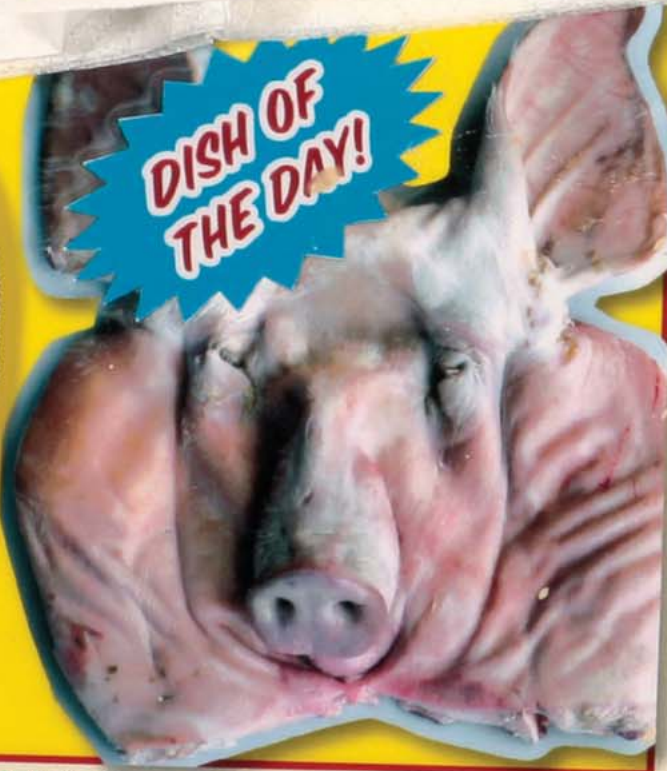
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FEATURE TITLE

Really disgusting food!

Feast your eyes on these tasty treats!

DISH OF THE DAY!



PIG FACE! The Chinese eat this hot or cold but they've got to be patient – it can take up to nine days to prepare this porky delight!



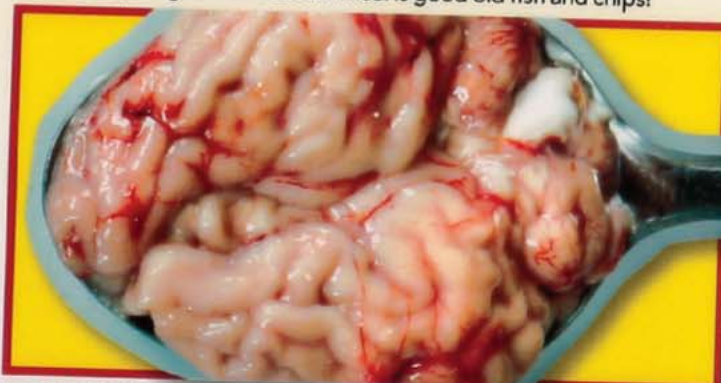
BATTERED FROG! Frog is a popular meal in Cambodia and can also be eaten out of its skin, peeled like a banana. Excuse us while we vomit!



GUINEA PIG! Roast guinea pig is actually a native dish in Peru, which makes us quite glad our national meal is good old fish and chips!



PENIS FISH! The Koreans like to eat their penis fish live, while the less barmy Chinese and Japanese buy theirs at the market, fried to a crisp!



PIG BRAIN! Isn't a pig's head just full of edible bits? In the Philippines, this dish is dipped in eggs before frying. We'll stick to bacon, thanks!

MAIN MEALS



**INNARDS
ON OFFER!**

COW CHEEKS! This hideous snack takes hours to cook, and if you fancy a go, it can be found in London markets! Just a burger for us, ta!



COD SPERM! Apparently, this Japanese delicacy is best served on toast. We think it's best left inside a cod's pods. Each to their own, eh?



WHOLE TURTLES! The se poor lads are actually endangered, so next time you fancy eating a snack in a shell, have a boiled egg instead!



WOODCOCK! This bird's roasted whole as the insides add flavour. Nothing goes to waste either, as the feathers make great paintbrushes.

**BIRD
CORNER!**



FRIED SPARROW! It only takes one or two bites to polish off this Cambodian delicacy. That's one or two bites too many, to be honest!

**SPECIALS
ON STICKS!**



SALAMANDER! This Beijing snack is known as a "sea dog". You could call it "chocolate heaven", we still ain't eating it!

SHEEP'S PENIS! We know what you're thinking and yes, they curl the willy themselves. Sheep winkies aren't curled! ■

BOOBY BABES



SOPHIE HOWARD PRESENTS...

VERY BOOBY BABES!

**What's better than
one buxom beauty?
Lots of them together!**

That Sophie Howard's a handful. We asked her to do a sexy shoot with us and she agreed. On one condition. We had to let her bring her big-bosomed best pals along!

After careful consideration and debate, we relented. So here's the lovely Sophie with Emma Frain, Kelly Andrews, Lindsey Strutt, Elle and Emma Glover in all their brilliant boobiness! ➔



SOPHIE HOWARD

Hi Sophie! Everyone we talk to always says you have the perfect pair of boobs. That's

weird, because I definitely don't feel like that. I might chop them off and stick my nipples on eBay. Next time I get a massive tax bill, I'll whack 'em on. I wonder if anyone would bid for them!

Blimey! What's the weirdest thing a fan's done for you? To be honest, all the pictures and stuff fans have done for me have been ace. One guy called Cello drew a cartoon of me and Jordan wrestling, and I had her on the floor and I was nailing her. It was awesome!

Cripes! If you really had someone in the wrestling ring, how would you finish them off? You might think I'd smother them with my boobs, but I have strong thighs, so I'd go for the legs-around-the-body technique and crush them, *then* boob-smother them. I might try it out today!

What's the sexiest party you've been to? The sexiest ones are house parties or raves in dirty warehouses, because everyone feels a bit like they're in the *Skins* advert and all sorts of sh*t goes on. I've never had sex on view at a party, but I've sneaked off to the toilets for a quickie!

Have your boobs ever got you in trouble? Yeah, I think so! I'm far too OK with being naked and it can probably be off-putting. If I'm on a nude shoot, I walk around naked!

If you could spend the night with anybody famous, who would it be? Jacob out of *Twilight*. Or Michael Cera. They're both very young, but they're both fit! I have a deep appreciation for the male form in all its varieties. I can find something attractive about anyone. That's my problem. It gets me in a lot of trouble, too!

**"I WALK
AROUND
NAKED
ON PHOTO SHOOTS!"**

ELLE

Hi Elle! You're properly one of the *Nuts* girls now. How does that feel? I'm loving it! I got

some lovely comments and messages after my last shoot and I'm very proud. The last shoot looked so sexy and I hope this one does, too!

What's the strangest thing anyone's ever said about your boobs? Hmm... I don't think I've had anything strange, I've always heard nice things.

To be expected, we suppose!

What's the nicest thing anyone's ever said about them? That they were the best sleep a person has ever had, because they'd fallen asleep resting on them! It's annoying I can't sleep on them myself. I'll have to take a nap on someone else's boobs from the shoot!

What are you like first thing in the morning? Grumpy!

I like to wake up in my own time, not be disturbed. Don't wake Elle up in the morning!

What's the naughtiest thing you've done recently? I got caught in the toilet of a cinema up to no good! It was during *Inception* and it was a bit long, so I got bored and decided to take a quick break. Luckily, we were caught by a member of the public, not a member of the cinema staff, so we didn't get chucked out!

Is there anything surprising about you we don't know?

I was actually on a magazine cover when I was a baby!

I played Sally Webster's child in *Corrie*. I didn't really play her. I was just on a magazine.

Do you get many freebies?

Yeah, I've been lucky to get tickets for gigs and stuff, and I blagged some Arsenal tickets because I'm a Gooner!

If you're off out tonight, what will you wear to make yourself look sexy? I like

black because it's sexy but sophisticated. I like to wear something not too revealing because it keeps the mystery alive. On the other hand, if you've got it, flaunt it! ➡

"I GOT
CAUGHT
DOING IT
IN THE
CINEMA TOILETS!"



KELLY ANDREWS

Hi Kelly! When was the last time you were really scared? Film4 staged Fright Fest a couple of weeks ago, where they showed all these really scary films one after another. A girlfriend and I were just sitting there holding each other, we were that terrified! Since then, I've been afraid to go to bed because I think someone is coming to get me!

How can a bloke make you laugh? Don't tell jokes. I don't do jokes. Women find men attractive who aren't afraid to take the p*ss out of themselves, so having the confidence to do that is important. It's about having good banter more than anything, because you're laughing but there's a bit of flirting going on, too.

When was the last time you were embarrassed? I was in Ayia Napa with my friends and we were in a club. I was boogying away and started to notice people were looking at me. Little did I know they were staring at my ponytail hairpiece, which had slipped out and was flying across the dancefloor. I was mortified!

What's the naughtiest thing you've done recently?

On that same holiday, I went skinny-dipping in the sea with a friend. It was great! We tried to make sure there was no one around to see us, but I'm sure someone, somewhere, must have copped an eyeful!

Tell Nuts readers something they don't know about you.

I'm a spelling queen. Give me any word on the planet and I'll spell it correctly, no problem.

We'd rather ask you what's the nicest thing anyone has said about your boobs? That they're big, bouncy, squishy... you name it! One bloke said they were comfy and nice to lie on, like a mini-bed. That one's a bit weird, actually! ➡



**“I WENT
SKINNY-DIPPING
IN
AYIA NAPA!”**

BOOBY BABES



**“EVERYONE
ON THE BUS
SAW MY KNICKERS!”**

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LINDSEY STRUTT

Hi Lindsey! What's the strangest thing anyone's ever said about your boobs?

They're bigger than my head! Quite a few people have said it and I'm always like, "Wow, thanks. I've never had such a lovely compliment. Not!"

When's the last time you were embarrassed?

I embarrass myself on a regular basis! The best example would be a few years ago when I was getting off a bus and my dress got caught in the doors. I had to run alongside it to get myself free. In the end, I tore the dress and everyone on the bus saw my knickers. Nightmare!

What would be a bloke's best tactic if he wanted to chat you up?

Make me laugh. No one wants to be with somebody who's serious and intense about everything all the time. My philosophy is that life is to be enjoyed, so I always tend to go for men who are funny and don't mind looking stupid.

Which TV reality show would you most like to go on? *I'm A Celebrity*... even though I'm petrified of bugs!

What are you like first thing in the morning? I'm more of an evening person. I don't get up until after 10.30am, then I'll sit around for another hour in my PJs deciding what to do. Mornings should be banned!

Which celebrity would you spend the night with? Gerard Butler! He's my kind of bloke. Big, strong and masculine!

What's a turn-on in the bedroom for you? A man smelling nice. I want my bloke to wear aftershave that'll get me right in the mood!

We've only got a tenner.

What could we do with it to impress you? Get a bottle of wine and some lemonade so we can cuddle up drinking white wine spritzers. After that? You might get lucky! ➡



EMMA FRAIN

Hi Emma! If a chap has just one sentence to impress you, what should he say?

Talking about sport gets me going. I did a sports science degree, you know. I can talk about football for hours!

Describe your killer outfit

when out on the pull. I always

follow the legs or boobs rule.

I've always got my boobs out in *Nuts*, so I tend to wear short dresses with massive heels.

I let my legs do the talking!

If you could swap your boobs with another *Nuts* girl, who would you choose? I love

Kelly Andrews' boobs. I really do. They're massive and look gorgeous. I've got boob envy!

What's the naughtiest thing you've done recently?

Lindsey Strutt and I went to Kenilworth Castle and there was a medieval fair going on. There were all these blokes acting out battles and taking things seriously, so Lindsey and I decided to nick a couple of swords and pretend to fight while all these shocked men looked on. It was hilarious!

What are you like first thing in the morning? I always get up

really early. Sickening, isn't it?

I just can't lie in bed, no matter how hard I try. As soon as

I open my eyes at about 7am,

I jump up, have a shower, grab some breakfast, then take the

dogs for a walk. Oh, I put some clothes on first, of course!

If we were stuck together on a desert island, how could we keep you entertained? If

I was on my own, I'd sunbathe

naked, so I'd never have tan

lines again. But if I was with

Nuts, I'd play bury the coconut with you. It's like hide and seek

but with a coconut. Or take it in turns to bury each other up

to our heads and make a new

body out of sand. We could

give each other absolutely

massive boobs! ➡

"I **LOVE**
KELLY ANDREWS'
BOOBS!"

BOOBY BABES



EMMA GLOVER

Hi Emma! If you could swap your boobs with another *Nuts* babe, whose would you pick?

Rosie Jones! I like her areolas!

When was the last time something really scared you? I'm scared of spiders. When I went to V Festival, I woke up and there was a big spider in our tent. I had to get a man to come in and get rid of it! He thought his luck was in when I invited him in the tent!

When was the last time somebody made you jealous?

I get jealous all the time. I was jealous of *Nuts* man dressing up as a giant rat recently! And I always get jealous of the *Nuts* photographers because they look at girls all day. They've got the best job in the world!

What TV reality show would you most like to go on? *Come Dine With Me*. I want everyone to come dine in my house. And I know I'd win because none of them can cook. I'd cook with my boobs out to ensure a high score!

If a guy only had one sentence to impress you, what should he say? "I've got a massive c*ck!" Or maybe, "I've got a massive c*ck and I know what to do with it!"

Erm, we're not sure we'd try that! Do you ever get recognised on the street? Yeah, quite a bit. I got recognised quite a lot at V Festival, actually. I signed a man's breast. I said, "You always see my boobs, so I want to see yours." So he got it out and I signed it!

What kind of underwear do you find sexy? Well, we've gone quite sheer today. It's all about what you can't see. Or rather, what you can kind of see. I've been rocking a lot of see-through stuff and doing lots of very rude shots!

Crikey! Will they let you keep any of it? Hopefully! I think see-through is good. It's very sexy and hides a little and shows a little. I'd wear some of this stuff out and about in everyday life! It's sexy but I probably wouldn't get arrested for it. Probably! ■



**"I'D DO
COME DINE
WITH ME
WITH MY
BOOBS OUT!"**

Nuts SPORT

WHEEZING BY HALF-TIME, EVERY WEEK!



BOYS IN BLUE!



Man City vs Arse

The two skippers square up ahead of Sunday's massive showdown!

Tevez: "I stand up for what I believe in!"

Hi Carlos! Still confident Man City can break into the top four this season?

We've begun well and we've looked strong in many games, but the key to winning league trophies is to play to a high level over many weeks. The top sides know how to do this. We must fight for results in every single match, even if we're not at 100 per cent sometimes. **So is the title a realistic target?** We started the season with great confidence but knew that new players coming in meant we may take time to unite. In fact, we've come together in a good manner and have an opportunity to do great things. I'm sure we're seen as one of the title challengers but

I'd also ask for patience. We're building the club so it'll take time for us to fulfil our potential.

As captain, do you lead by example? I only know how to play one way. This is by fighting for everything. I've always been this way and can't see this changing! Being captain's a real honour, though. It means I'm respected by the club and my team-mates.

Do you have a short temper like some people suggest?

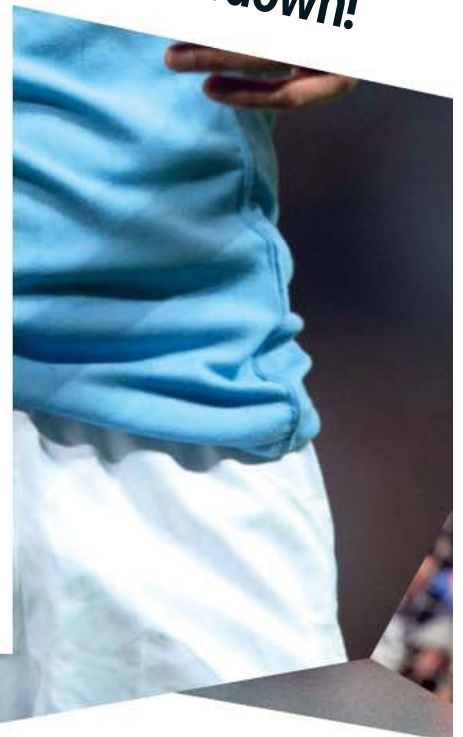
I stand up for what I believe in, if this is what you're asking. From when I was a small child, I'll always fight, fight, fight. This doesn't make me a bad person.

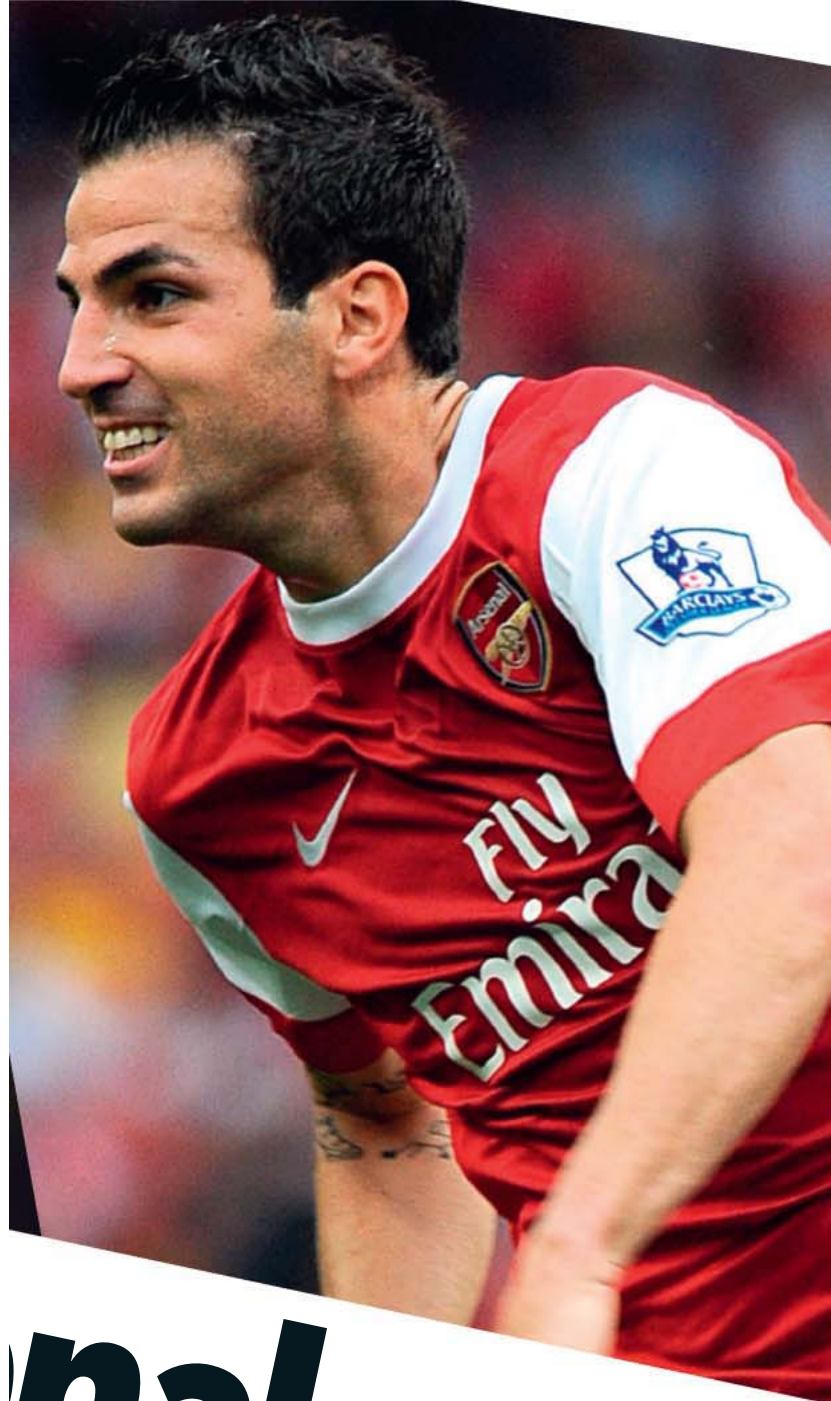
There always seem to be rumours about your future

at Eastlands. What's the real story? I honour the City shirt.

I'm happy to play my football here, so whatever people want to whisper does not interest me. I've played in England for many years now and made a connection with the people. As I say, the City project is exciting and I want to be part of it.

Thanks for the chat! Finally, with all City's millions, is there real pressure to win at least one trophy this season? This isn't pressure! There's expectation, OK, but football's to be enjoyed. Once other things come in, then it's time to stop. I, like everyone, want to win something for the club and the fans. God willing, we'll do that before too long!





Fabregas: "Wilshere is the future!"

Hi Cesc! With the improvement in Spurs and Man City's sides, is this season's title race wide open? This is always a competitive league and any team that wins the title truly deserves it because of the intensity of each and every game. Yes, there have been a lot of new players signed this season and this attracts a lot of attention, but I still think Man United and Chelsea are the teams to beat.

How equipped are Arsenal to mount a title challenge themselves? Arsenal's a very special club with an important philosophy. The coaches work with young players, they educate and prepare them for future success. I think this is the right way to do things. And now we're seeing so many excellent footballers coming through! I believe there's an exciting blend of young and older talent, which can see us go close this season.

One of those talented youngsters is Jack Wilshere. How good is he really? He'll be a big, big player – not just for Arsenal but also for England. He has incredible maturity for someone who's still only 18. I really believe he has a bright future. But he must be allowed

to develop at his own pace. It's not healthy to put someone young under so much pressure. Give him time to develop.

You're still only 23 but you seem to be rapidly becoming one of the old heads in the dressing room. I guess that comes from having started so young and being in such a young side. It seems like I've been around forever! I'm obviously more experienced than some of the younger players here, so if I can help them, I will. But to be honest, Arsenal spend a lot of time ensuring they're educated in the right way anyway.

What's more important – playing attractive football or winning trophies? I think it's possible to do both at the same time.

There's been a lot of controversy recently surrounding the "overly physical" approach of teams that play Arsenal. Do you think you need more protection? Football in England's physical – this is just natural. Sometimes there are bad tackles but I don't believe there are plans to hurt players. If a manager thinks he can get a good result by working hard and putting the opposition under pressure, then he'll do that. I don't have a problem with this. No complaints.

Arsenal special!



Extra arms' drawback no. 27 – more chance of a handball

LONDON LADS!



PHOTOS: SPORTSIMAGE, GETTY, PA PHOTOS

Man City vs Arsenal

Sunday 24 October, 4pm, Sky Sports 1/HD

KAMMY!

ONLY IN
Nuts!



He's footy's funniest pundit – and he's only in *Nuts*!

"Why am I paid so much money? I don't know!"



Capello should go!

Another disappointing night of football last week for England at Wembley against Montenegro, and I really felt for the fantastically loyal fans who had to sit through that performance. I won't say that was the worst I've seen from England (the memories of the

"Teams have figured out how to play England"

World Cup draw against Algeria are too fresh in my mind!) but it was certainly very poor. The fact is, they should be beating a team ranked below Burkina Faso, that's missing its two best players and, for me, the blame – once again – has to lie solely with the manager.

After the debacle of the World Cup, Fabio Capello seemed to listen to some of the criticism of his tactics and deployed a more fluid system in the first two qualifying games, knowing that a return to the rigid 4-4-2

formation of the World Cup might well cost him his job. As soon as those two games were won, what did he do? He went right back to his old formation, hoping that it would be enough against mediocre opposition like Montenegro. Well, it backfired, and there was a shocking lack of ideas shown by Capello throughout the game.

Neither winger swapped sides at any point, Arsenal's midfielder star Jack Wilshere sat unused on the bench and Joe Cole was reduced to warming down on

the pitch after the game. Quite simply, other international teams have figured out how to play England, and will sit most of their players behind the ball to frustrate them, like a 90-minute game of attack-versus-defence in a training session.

Sadly, Capello is frankly too stubborn to do anything about this problem. There are plenty of games left, and I do still think England will qualify for Euro 2012, but should Fabio be in charge of that side? I don't think so. *Arrivederci, Signor Capello!*

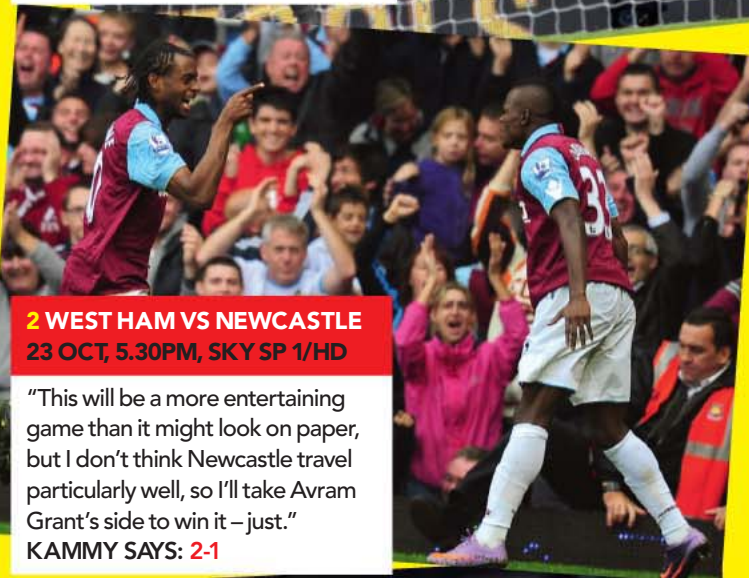
CHRIS' CRYSTAL BALL!

Chris predicts the week's big games!



1 SPURS VS EVERTON
23 OCT, 12.45PM, SKY SP 1/HD

"I think Harry Redknapp's side will continue their excellent start to the season in this one, and Everton are struggling a bit, to be honest."
KAMMY SAYS: 2-0



2 WEST HAM VS NEWCASTLE
23 OCT, 5.30PM, SKY SP 1/HD

"This will be a more entertaining game than it might look on paper, but I don't think Newcastle travel particularly well, so I'll take Avram Grant's side to win it – just."
KAMMY SAYS: 2-1



3 MAN CITY VS ARSENAL
24 OCT, 4PM, SKY SP 1/HD

"The big one of the weekend and I think it spells trouble for Arsene Wenger. Lose this one and they're well behind – and the prospect of six years with no trophy looms large."
KAMMY SAYS: 1-0

KAMMY'S UNBELIEVABLE-OMETER™

UNBELIEVABLY **GOOD!**

ADAM'S ACE!

Adam Johnson continued his fantastic start to the season by tearing the Montenegro left-back to bits. He's going to a huge star.



UNBELIEVABLY **BAD!**



WOEFUL WAYNE!

I hate seeing Wayne Rooney struggle so badly. Like Tiger Woods before him, he's finding it hard to recover from the trials in his personal life. Not good.

ASK KAMMY!

Hi Kammy!

Players seem to be controlling the ball more with sly movement of their hands or arms lately. The crowd always appeal but the officials rarely see it! Have refs gone soft on the handball cheats?

Pete, Datchet

I agree with you, Pete. We've seen a spate of these incidents recently. The officials just aren't doing their job. Look at what the Thierry Henry handball cost the Irish side and you'll know how important these decisions can be.



The Maradona School Of Coaching had a new star pupil

DRAW KAMMY!

Wow, that's one of the best yet. Keep them coming, people!

Kammy needs you!

Send Kammy your jokes, pics etc to kammy@ipcmedia.com. The sender of the best one each week will win a signed Nuts T-shirt!



From David Chambers, Liverpool



GRUESOME!

CHLOE ISAAC

Canada, Solo Free

Synchronised Swimming

Isn't solo synchronised swimming a bit easy? Still, we're not telling Chloe that!

Gurn rating: ★★★★★



LUKE WIWATOWSKI

Australia, Gymnastics

Luke's event is the horizontal bar. We've been horizontal in a few bars in our time and this is exactly what we looked like!

Gurn rating: ★★★

Gurns of the Comm

Assuming you didn't watch it either, we take a look at the stupidest faces



CAUGHT SHORT!

MATTHEW MITCHAM

Australia, Springboard Diving

Divers always provide some top gurning and Matthew doesn't disappoint, looking like a recently punched mouse.

Gurn rating: ★★★



KELLY SIBLEY

England, Table Tennis

We know how Kelly here feels. Normally a few hours after knocking back a large king prawn madras with spicy rice!

Gurn rating: ★★



NICK ROBINSON-BAKER

England, Springboard Diving

Is that one of the things from *30 Days Of Night*? Or is it a constipated Rio Ferdinand? Either way, we have a winner!

Gurn rating: ★★★★★



PAUL DRINKHALL

England, Table Tennis

Rule one – keep your eye on the ball at all times. Rule two – try not to look like Gollum from *The Lord Of The Rings*!

Gurn rating: ★★

onwealth Games!



from the least interesting sporting event on earth!



HELLO SEXY!

LUNIARRA SIMANU

Samoa, Weightlifting

This is how we like our ladies – strapping, well-endowed in the tongue department and capable of heavy lifting!

Gurn rating: ★★★★★



REBECCA GALLANTREE

England, Springboard Diving

Rebecca scores extra points for the Jedward quiff. But she then loses them again for reminding us of Jedward. Sorry, Becky!

Gurn rating: ★★★

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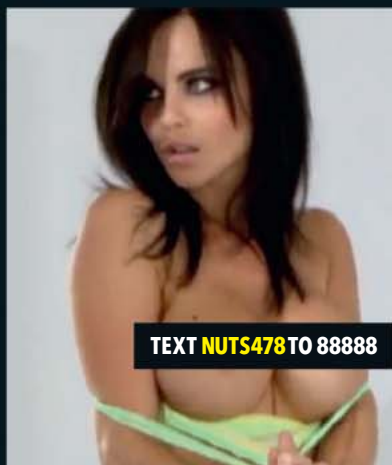
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Services on 01733 385170, fax 01733 239356

**ONLY IN
Nuts!**

NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to tim_bradley@ipcmedia.com

PERVY SPORTS STARS!

► Want to know where the top sportsmen find inspiration? Well, ahead of spanking Team USA in the Ryder Cup, Europe's golfers got a front-row view of operatic hottie Katherine Jenkins, which clearly did the job. Speeches? Training? Pah, give us sexy ladies any day!



SPORT ALIKES!



Emmerdale's Shadrach



Miguel Angel Jimenez



international MAN LOVE

► We know rugby players like getting up close and personal, but this is just silly! We're not sure where the South African fella's arm is, but India's Amit Lochab doesn't look too happy!



► Spare a thought for Brazilian striker Maicosuel here, who made his leg go all bendy while trying to score against Vasco da Gama. He ruptured his anterior cruciate ligaments and faces eight months out!



► You don't see too many refs on the end of a top tackle, but here's line judge Billy Beckett getting hammered by Georgia Tech receiver Tyler Melton. Serves him right for not being man enough to play!

RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!

ONLY IN
Nuts!

THUMB WRESTLE!

"Can you hold this used tissue for me, please, Gareth?"

Mobbed by his adoring fans

"Thanks, Mr Richie, my dad has all your records!"

KIDS ♥ KAMMY!

"Bad news – I have superglue on my palm!"

HEAD SLAP!

LICK ME!

GOING...

GONE!

TAKE IT EASY THE DAY LADS

FOREIGN?

"Me excuse, I am not very well speaker English please!"

"Damn! Slippery dog poo!"

"Damn! Landed in the sloppy dog poo!"

MAN-LOVE CORNER!



"Is this to give Rob Green a better chance of catching it?"

MASSIVE BALL!



"Sorry, mate, brogues are so 1990s!"

DODGY SHOES?



"Eek! There's a wasp on your back!"

STEALTH BUMMING!



"I'm not praying - I'm looking at your willy!"

I WORSHIP YOU!



IT'S ECSTASY!

"Right, carry me back to the hotel now, please!"



LIFT ME UP!



"You don't have to wear those when you touch my 'special place'!"

(G)LOVELY!



Nuts PROMOTION

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OK, we know this sounds too good to be true, but you can win money for free! We've had our very own *Nuts* poker room set up on the PKR.com website and we want you to come and join us!

For one night only – Sunday 24 October at 8pm BST (7pm GMT) – we'll be hosting a free-to-enter tournament. So come along and create your own avatar, who'll sit at the table in your place. You can even dress him (or her!) in a *Nuts* T shirt, vest top or hat!

What's more, the tournament has a guaranteed pot of 500 dollars, so while you've got

nothing to lose, you do have plenty to play for!

So what are you waiting for? Head to www.pkr.com/nuts and register to play. On the day, simply find the tournament and enter the password on this page. Good luck and happy poker!

Free Nuts tournament!

Sunday 24 October at 8pm

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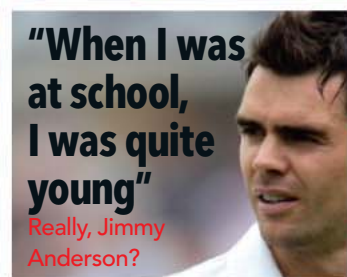
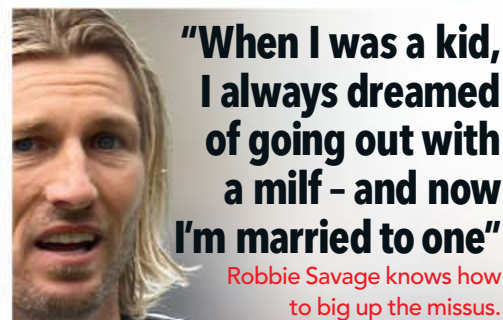
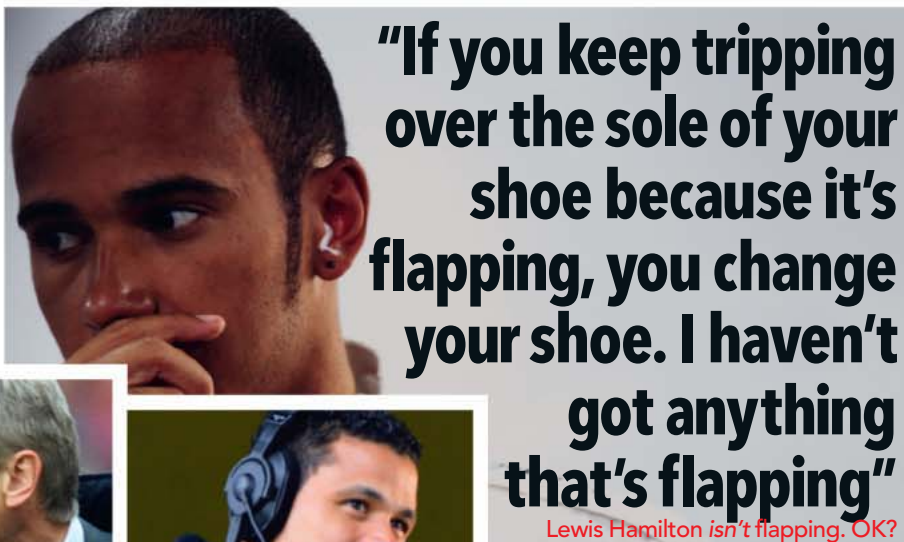
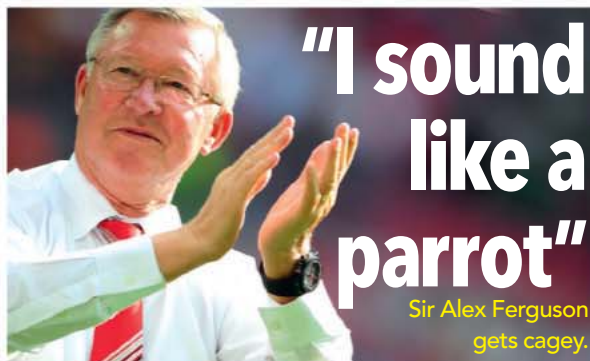
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'QUOTE ME ON THAT!'

This week's biggest match debaters!



'OO-ER SOUNDS A BIT RUDE' CORNER!



Nuts REAL GIRLS

TEXT BY ROB BROTTS & LAURENCE



BEDROOM BABE!

Claire 22, Kent, student

"To give a man a night to remember, I'd take him out for a proper meal then back to mine for dessert!"

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**"I like a guy
who tries to
stay in shape
and makes
me smile!"**

**TURN TO VOTE FOR OUR
NEXT BEDROOM BABE!**

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- Keep scooping wins by getting three bonus symbols on any paid payline, which allows you to enter the bonus game.

HINTS AND TIPS

- Betting on several lines increases your chance of winning cash!
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- Free spins are a great way to make more money – remember, in the bonus game, payouts are multiplied by the multiplier amounts you've revealed!
- Before you start playing, check out the pay table to find out which symbols will give you the best payouts. And remember, the WILD symbol pays the most.



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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

**ONLY IN
Nuts!**

Betsy

18, Leeds, hairdresser

"I like to have fun and not take life too seriously, I'm basically just perfect in every way!"



Sarra

21, Worthing, student

"What are my best features? My smile, my eyes and my boobs – obviously!"



Victoria

19, Newcastle, admin clerk

"The wildest place I've done rude things was in the changing rooms of a swimming pool!"



Sophie

19, York, civil servant

"To keep my figure, I always go on top during sex because it's great for your legs!"

Vote now to see more of your favourite girl!

The winner gets her own *Bedroom Babes* shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

REAL GIRLS, REAL PLACES!

ONLY IN
Nuts!

THIS WEEK:

Name: Daisy

Age: 20

Boobs: 32C. "All natural!"

Likes: "Nice people!"

Have you ever kissed
a girl? "All the time!"

Strangest place you've
had sex? "On the beach!"

Sex tip: "Pull my hair!"

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 68. You must be at least 18 years old.

Daisy's dishy guide to Windsor

The *Nuts* bus finds another cutie!

HELLO!



Daisy on... her home!

"We're in Windsor. I like to flash the tourists to give them a bit of excitement! I'll head into London for a night out, then come back here to chill out!"

Daisy on... her boobs!

"I'm a 32C. They're not too big, they're a handful. I don't have any rules about showing boobs or legs but not both, I just go with what the outfit dictates!"



Daisy on... sleeping late!

"I get up very late because I go to bed very late. I never see the mornings. I've been told I tell stories in my sleep, too!"

Daisy on... her clothes!

"All my wages get spent on new clothes! I buy shoes, boots and underwear all the time. I just can't seem to stop!"



**Daisy on...
being naked!**

"I'm always walking around the house naked! In spite of how much I spend on clothes, I'm probably out of them more than I'm in them! Ha-ha!"

**Daisy on...
her bum!**

"I probably get the most compliments on my bum! It's big and round, so it gets lots of attention! It's a bit like a shelf – it sticks out, you can't miss it!"

**Daisy on...
drinking!**

"I get tipsy and flirty very quickly! I love vodka and a bit of champagne. I'm a happy drunk but no one's safe when I've had a few drinks. Ha-ha!"

**"I always walk around
the house naked!"**

**Daisy on...
music!**

"I love funky house music. I went to Ibiza over the summer and went to all the big clubs. It was amazing. I loved the music, the atmosphere and the boys!"

**Daisy on...
getting ready!**

"I'm very quick at getting ready because I'm all natural – natural teeth, natural nails, natural hair! Slap on make-up and off I go. I'm ready within half an hour!"

10 RUDE QUESTIONS!

And a Real Girl to answer them...

THIS WEEK:
Sarah
22, London

1 Where's the craziest place you've had sex? "On a river in a pedalo! My ex and I were in Oxford and decided to go out on the water. We ended up having sex in broad daylight!"

2 What's your trademark move in the bedroom? "I enjoy getting the bloke to sit back and relax while I put on a sexy show for him. I'll leave the details to your imagination!"

3 What really turns you on? "A man in a suit is a huge turn-on for me. Someone who's nicely turned out and looks like a proper gent – but not too much of a gent!"

4 Apart from your mouth, where's your favourite place to be kissed? "I adore having my neck kissed. That gets me going! Actually, thinking about it, I just love every inch of my body being nibbled!"

5 Have you ever got it on with another girl? "I've snogged one – and, yes, booze was involved! I wouldn't say I prefer girls' kissing style but she had some moves!"

6 What one rude thing do you think every girl should try at least once? "Sex outdoors in a public place. I've done it quite a few times and can thoroughly recommend it – as long as it's warm outside!"

7 Have you ever made a sex tape? "Yes! It's just so rude seeing yourself! Keep it safe, though. I had one that was on my phone and then lost it!"

8 What's your role-playing costume of choice? "It's a sexy secretary outfit. I get my man to pretend to be my boss, then I seduce him!"

9 Do you like to be dominated in the bedroom or do you prefer to be in control? "Seeing a woman who's taking control always turns men on, I think. And personally, I love being the one calling the shots!"

10 If you could ask a man to perform any sex act, what would you want him to do? "I'm a big fan of oral sex – it's important for a man to know what he's doing!"



LADIES CONFESS!

**100%
REAL
STORIES!**

TO OUR SECRETARY!

IT'S LOU!



CONFESSION OF THE WEEK!

'We did it in a lift'

My man and I booked a night in a hotel for a bit of saucy fun. After changing for dinner, we left our room and walked to the lift. As we stepped in, I kissed him and soon our hands were all over each other. He reached out and hit the "stop" button, the lift abruptly coming to a halt. I backed up against the mirror and he slipped two fingers deep inside as I pushed against him. The bell suddenly sounded and a voice called out to ask if we were OK. My fella blurted out, "We're fine" – and we had to stop. After our meal, I made sure he got an after-dinner treat! And it wasn't a mint!

Kaz, Skelmersdale

'I rode him hard and fast'

My boyfriend has been serving in Afghanistan recently, so when he told me he was coming home for some R&R, I knew that rest would be the last thing on his mind!

I picked him up and as soon as he saw me in a little black dress, he got instantly horny. By the time we were in the car, his hand was rubbing my clit through my already soaking knickers and he was kissing my neck. We drove to an nearby car park and within seconds I was in the passenger

seat with my skirt up, riding him hard and fast. After only a few minutes, I felt a wave of intense pleasure rush through my body and a minute later my man had a powerful orgasm. It was only after we'd composed ourselves and got ready to set off that I realised there was a bloke in the estate opposite looking through his window saluting! My fella, still wearing his army fatigues, gave him a nod and a big grin!

Nadia, Plymouth

'He took me from behind'

My boyfriend and I work for the same firm of solicitors and our boss is a real pain. He rarely smiles, barks at everyone and never allows anyone in his private office. Working late one night, I joked to my boyfriend about having sex in the boss' office. He grabbed my arm and pulled me along the corridor while I pretended to resist. I pushed him onto the desk, undid his flies and started touching him. In one swift move, he grabbed me, spun me round and bent me over the desk, then slid inside me. I used my hand to play with my clit, starting slowly and then getting faster and faster until I came with a huge scream. An email went round the office on Monday saying that the boss knew someone had been in his office, looking through confidential reports on his desk. If he knew what had really gone on, we would have got our P45s!

Sandra, Kirkby

'I was turned on by the masseur'

I injured my back a few months ago and after a recommendation from a friend, went to a Chinese massage place in central London to get it treated. My pal swore by their unusual methods and medicines so I prayed it would work for me, as I've always believed in alternative therapies – I even got a Chinese tattoo in Pattaya once. But I ended up with more than I bargained for! My treatment was given by a very small and very attractive Chinese lady. I was surprised by how strong she was, as she pummelled and rubbed my back and shoulders. She then jumped on top of me and walked up and down my back, clicking my vertebrae into place. Feeling relaxed and moaning with pleasure, I was more than happy to turn over when she asked me to. Giving me a sly smile, she rubbed my breasts and massaged across my stomach. I was a little shocked but incredibly turned on by her strokes. I didn't stop her, so when I felt her face between my legs, I gasped with delight and let her carry on with her task. It was a most surreal experience, but I'm definitely going back for more!

Louise, London

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 68. The best one each week* wins £50! Come on, girls!

Nuts FASHION

Because it's important to look good, even under all those layers

FASHION: STEVE BUCHAN
GROOMING: SARAH COOK

10 top tees



TOPMAN £14
If you're a vintage car fan, you're in luck.



CARHARTT £28
One for the indie kids, this is a quality print.



FRATER £35
The fashion ed's choice, this is a label to watch out for.



REILLY £75
Stay ahead of the trend with this cool new brand.



ALTRU £32
A printed tee with sexy girl. What's not to like?

STOCKISTS: PAUL SMITH: HOUSEOFFRASER.CO.UK. TOPMAN: 0845 121 4519. NICKELSON: NICKELSON.CO.UK. CARHARTT: URBANOUTFITTERS.CO.UK. FRATER: FRATERCLOTHING.COM. WESC: CHEMICAL-RECORDS.CO.UK.

5 WINTER SKIN WONDERS

PAUL SMITH £37

Get it quick before someone else gets their sticky mitts on it!

WESC £29

The Swedish skate-inspired brand is bang on with this snake print.

DUFFER £20

The Duffer boys are true to their roots with this offering.

NIKE £20

You can't go wrong with a bit of Nike!

NICKELSON £20

This has an ace urban New York feel about it.

KIEHL'S ULTIMATE STRENGTH HAND SALVE £14

Powerful stuff this, for even the driest of hands. Check out their men's range. It's ace.

Stockist: www.johnlewis.com

NIVEA FOR MEN INTENSIVE MOISTURISING CREAM £7

If your skin's dryer than Gandhi's flip-flop, this stuff will sort it right out.

Stockist: Superdrug

VASELINE LIP THERAPY TIN £2

Smear this on to protect and soothe chapped lips.

Stockist: Nationwide

DOVE MEN CARE CLEAN COMFORT BODY & FACE WASH £3

Shower gel that packs in moisturisers to soothe parched body parts.

Stockist: Boots

MOLTON BROWN RE-CHARGE BLACK PEPPER BODY HYDRATOR £17

Slather this for smooth skin and a nice smell.

Stockist: www.moltonbrown.co.uk



Nuts REVIEWS

GAMES!



Voice actors in *Fallout* include *Friends* star Matthew Perry

FALLOUT: NEW VEGAS PS3, XBOX 360



If you can stomach the sloooow opening, this is another inspired trek into the apocalyptic wasteland to investigate what's

going on before shooting stuff in the face. We're paraphrasing, because it's as incident-stuffed a shooter as you'll play all year, and if it hooks you, there's literally no escape until you've finished. Awesome stuff! ★★★★★



VANQUISH PS3, XBOX 360



A gleefully bonkers cover-based shooter that piles on the ridiculous, then ups every shooting ante it can think of. ★★★★★



PROFESSOR LAYTON AND THE LOST FUTURE NINTENDO DS



The Prof returns for more gentle puzzling and stylus-pointing. It may get impossibly hard at times but this game has oodles of charm and will fog ever more millions. ★★★★★

APPS!



YOU ARE THE REF IPHONE, ITOUCH, IPAD



Test your knowledge of the rules of football, while marvelling at an array of brilliant comic book-style illustrations. A seriously addictive app! ★★★★★

ZAVVI IPHONE, ITOUCH, IPAD



Nifty app that lets you order DVDs, CDs, books and games direct from the Zavvi store simply by taking a picture of them! Clever stuff! ★★★★★

DVDS/BLU-RAY!



Michael K Williams – *The Wire*'s Omar – is in the film

BROOKLYN'S FINEST CERT 18 DVD & BLU-RAY



Gritty thriller set in the New York borough following a week in the lives of three cops. Don Cheadle plays an undercover cop

masquerading as a drug dealer, Ethan Hawke a crooked cash-strapped narc and Richard Gere a veteran longing for retirement. Set against a backdrop of drug deals, poverty and violence, this is edge-of-the-seat viewing. ★★★★★

STEWART LEE: IF YOU PREFER A MILD... CERT 15 DVD



A brilliant stand-up routine that sees the 42-year-old funnyman dispel the myth that older comics aren't angry enough. ★★★★★

V: SEASON 1 CERT 15 DVD



Cool reworking of the '80s TV series about an invasion of lizard-like aliens that also happens to have its fair share of hot women. ★★★★★

THIS IS WAR CERT 15 DVD



Recorded by Mike Scotti, a soldier in Iraq, this amazing doc captures the reality of war better than any Hollywood blockbuster. ★★★★★

MUSIC!



KINGS OF LEON COME AROUND SUNDOWN



The rockers come back blazing with album number five, and it's the usual blitz of rough-edged guitar rock with shouty choruses, which are often about sex. ★★★★★

PIXIE LOTT TURN IT UP LOUDER



We couldn't give much of a stuff for Pixie's stage-school pop-fluffery, but we do like to look at her and she seems to be wearing a lot less clothes nowadays. ★★

The latest action-packed releases!

Ratings: ★★★★★ Genius ★★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



The original flick cost just under £10k to make and raked in over £120m at the worldwide box office!

PARANORMAL ACTIVITY 2 CERT 15

The follow-up to last year's horror smash returns with more things that go bump in the night! This time, relatives of the possessed woman from the first film are the ones experiencing spooktacular

goings on under the curse of a vengeful demon. To find out what's going on, they – you've guessed it – set up a camcorder and all hell breaks loose as crazy Katie returns to cause more havoc! ★★★★★



CARLOS CERT 15

Globetrotting terror thriller set in the '70s following real-life Venezuelan revolutionary Carlos the Jackal. Breathtaking! ★★★★★



RED CERT 12A

Bruce Willis, Helen Mirren and Morgan Freeman are "retired and extremely dangerous" in this flick based on the graphic novel. ★★★

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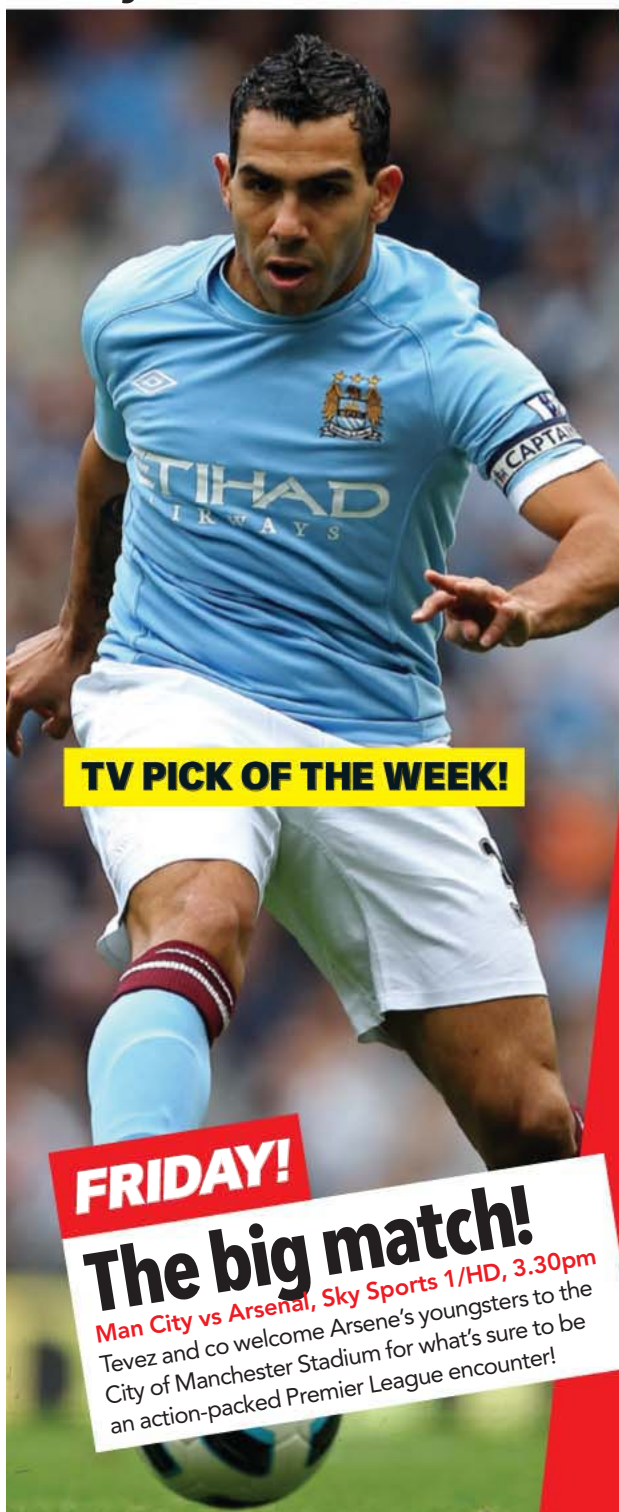
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Nuts TV

Seven days of brilliant
telly for blokes!



TV PICK OF THE WEEK!

6am

**BBC
ONE**

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 The One Show

Topical stories.

7.30 Real Rescues

Animal rescue specialists try to save a bottlenose whale that's gone and got itself into difficulties. Tut. (R)

8.00 EastEnders

Carol hosts a family dinner, but the evening ends in misery. For some reason, we're not entirely shocked by this news.

8.30 QI

With craggy US funnyman Rich Hall.

9.00 New Tricks

The team reopen on old case.

10.00 BBC News, Weather

10.35 The Graham Norton Show

NEW The excitable host chats to Charlotte Church.

11.20 The National

Lottery Draws

With presenter OJ Borg.

11.30 Mobo Awards 2010

Highlights from Liverpool.

1am

1.00 FILM Trespass **2.40** Gareth Malone's Extraordinary School for Boys (R) **3.40** BBC News **5.00-7.30am** **LIVE** Formula 1: The Korean Grand Prix - Qualifying

**REGIONAL
VARIATIONS**

BBC1 SCOTLAND: 7.30pm Bang Goes the Theory **BBC1 NORTHERN IRELAND: 12.30am** Off the Beaten Track **12.40** Sign Zone: Panorama **1.10** Mountain Gorilla **2.10am** BBC News **BBC1 WALES: 7.30pm** Snowdonia 1890 **BBC2 SCOTLAND: 7.00pm** Landward **7.30** Eòrpa **BBC2 NORTHERN**

**BBC
TWO**

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics: *Parliamentary report. Zzzzzz.* **12.30pm** GMT with George Alagiah **1.00** **SPORT** Gymnastics **3.00** Put Your Money Where Your Mouth Is (R) **3.45** Flog It! **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

7.00 The Big Silence

NEW Five people discover the spiritual impact of silence. Silence? It's Friday night! Get to the pub!

8.00 Mastermind

Questions on Marlon Brando's films.

8.30 Gardeners' World

Rake-related rubbish.

9.00 A Life without Work

A look at the changes in living conditions for the unemployed.

10.00 The Rob Brydon Show

Highlights of the show with the jovial Welsh funnyman.

10.30 Newsnight

11.00 The Review Show

11.50 Later with Jools Holland With Gaslight Anthem and Duffy.

12.50-2.15am

Wishful Thinking

FILM Romantic comedy drama starring James LeGros.

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal (R) **4.00** Midsomer Murders: *Detective drama.* (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale

Rhona is embarrassed when she wakes to find Paddy lying next to her. Let's hope for her sake Paddy's not a sheep.

7.30 Coronation Street

Maria agrees to a date with Chris.

8.00 Cheetah Kingdom

One-eyed cheetah Cyclops holds his own in an encounter with a kudu.

8.30 Coronation Street

Maria goes on a date with Chris. Don't miss it next time, when Maria comes back from a date... with Chris!

9.00 Paul O'Grady Live

With Hot Fuzz bloke Simon Pegg.

10.00 ITV News, Weather

10.35 Miami Vice

FILM Ace crime thriller based on the '80s TV cop series, starring Colin Farrell, Jamie Foxx and Gong Li.

12.55am The Zone

Shopping and interactive gaming.

2.55 FILM A Mighty Wind: *Spoof documentary starring Christopher Guest.* **4.25-5.30am** ITV Nightscreen

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD) **9.00** Ringside (HD) **10.00** The Rugby Club (HD) **11.00** Premier League World (HD) **11.30** Spirit of Yachting **12.00noon** Ringside (HD) **1.00pm** The Rugby Club (HD) **2.00** Premier League World (HD) **2.30** FIFA Futbol Mundial **3.00** Transworld Sport **4.00** Ringside (HD) **5.00** Premier League World (HD) **5.30** Football (HD) **6.30** Premier League Preview (HD) **7.00** Sky Sports News at Seven (HD) **7.30** **LIVE** Football (HD) **10.00** Take It Like a Fan **10.30** Premier League Preview (HD) **11.00** Football (HD) **12.00m't** Rugby League **12.30am** Take It Like a Fan **1.00** Football (HD) **2.00** Rugby League **2.30** Take It Like a Fan **3.00** World Sport **3.30** Football (HD) **4.30** Rugby League **5.00** Take It Like a Fan **5.30-6.00am** World Sport

sky SPORTS 2

6.00am Aerobics **6.30** Urban Ride **7.00** WWE: Raw (HD) **9.00** ATP Tour Uncovered **9.30** Spirit of Yachting **10.00** Race World **11.00** Aerobics **11.30** Racing News **12.00noon** Transworld Sport **1.00pm** Race World **2.00** Karting **2.30** ATP Tour Uncovered **3.00** WWE: Raw (HD) **5.00** NFL: Total Access **6.00** World Sport **6.30** Rugby League **7.00** **LIVE** Ice Hockey: Braehead Clan vs Dundee Stars, face-off 7.30pm. **10.00** Tight Lines **11.00** NFL: Total Access **12.00m't** Ice Hockey **3.00am** Spirit of Yachting **3.30** NFL: Total Access **4.30-6.00am** Golf (HD)

ON DIGITAL, SATE

FILM4 (315)

6.55pm Never Been Kissed: *Romantic comedy with Drew Barrymore and David Arquette.* **9.00** East Is East: *Comedy drama starring Om Puri.* **11.00** Cronos: *Horror starring Federico Luppi.* **12.50am** One Flew Over the Cuckoo's Nest: *Drama.* **3.25-3.35am** The Social Network Special

COMEDY CENTRAL (126)

7.00pm The King of Queens **7.30** Mike & Molly **8.00** Two and a Half Men **9.00** Lee Evans: Big - Live at the O2 **10.00** Michael McIntyre at the Comedy Store **10.30** South Park **11.30** Comedy Central at the

ESPN **7.00pm** **LIVE** Rugby Union **10.00** Bundesliga **11.45** Ultimate Fighting Championship **12.15am** Premier League Preview **12.45** ESPN Kicks Extra **1.00** **LIVE** Ice Hockey **3.00** Late Night Poker **4.30-5.00am** UFC All Access

FRIDAY!

The big match!

Man City vs Arsenal, Sky Sports 1/HD, 3.30pm
Tevez and co welcome Arsene's youngsters to the City of Manchester Stadium for what's sure to be an action-packed Premier League encounter!



6.10am Sali Mali (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** A Place in the Sun: Home or USA? (R) **1.10** **FILM** Seven Days to Noon: *Suspense thriller starring Barry Jones.* **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News
7.25 4thought.tv
7.30 Unreported World
Docu about the Triqui Indians' fight for independence in Mexico.
8.00 Come Dine with Me Soap Star Special
Z-listers serve slop to each other.

9.00 The Event
MUST-SEE Excellent new drama starring Jason Ritter. Confusing, but good!

10.00 The Event
MUST-SEE Are you any the wiser yet? No, us neither!

11.00 The Inbetweeners
Catch the last ever episode here in case you missed it on E4 on Monday. The gang go on a camping trip.

11.35 Saw III
FILM Now dying of cancer, the notorious killer Jigsaw sets up his last game of torture. The scallywag.

1.40am 4Music: On Track (R) **1.50** Studio 60 on the Sunset Strip (R) **2.35** ER (R) **3.25** Amelia and Michael **3.35** 4Music Top 20 **5.25-6.10am** Countdown (R)

Weather **11.10** Swingtown **12.05am** Brain Box
1.00 The Rockford Files **2.00-5.30am** The Nightshift
ULSTER: 10.35pm Swingtown **11.30** Grimefighters
12.00m't Brain Box **2.30am** Sons and Daughters



6.00am Milkshake! **9.15** The Wright Stuff
10.45 Trisha Goddard (R) **11.40** House (R)
12.35pm Five News **12.40** Meals in Moments (R) **12.50** Warship (R) **1.45** Neighbours **2.15** Home and Away **2.50** Meals in Moments (R) **3.00** Haven (R) **5.00** Five News, Weather **5.30** Neighbours: Aussie soap. (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7
7.30 Fifth Gear
The final British Touring Car Championship race of the year.

8.00 Eddie Stobart: Trucks and Trailers
A driver tries to perform a difficult manoeuvre. Bear in mind this is with a lorry. Hardly going to be Evel Knievel, is it?

9.00 The Mentalist
MUST-SEE Jane helps his brother-in-law.

10.00 Law & Order: Special Victims Unit
Fin investigates an alleged rape at the college where his son works.

11.00 CSI: Miami
A drug lord is gunned down. (R)

11.55 Cops in Crisis
Plod in peril. (R)

12.10am SuperCasino
Live interactive gaming.

4.05 **SPORT** Motorsport Mundial **4.30** Great Scientists (R) **4.55** Rough Guide to Bang for Your Buck (R) **5.10-6.00am** Michaela's Wild Challenge (R)



6.00am The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** New Parent Nightmares (R)(HD) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** **SPORT** WWE Superstars **6.00** Oops TV: Home videos. (R) **6.30** The Simpsons (R)

7.00 The Simpsons
The family hire a nanny. (R)
7.30 The Middle
Brick impresses in a school spelling competition. (HD)

8.00 Oops TV
More silly slippages. (R)

9.00 House
A children's author suffers a seizure that prevents her from committing suicide. Talk about good timing. Er, or bad, depending on your viewpoint. (R)(HD)

10.00 Thorne: Sleepyhead
Tughan dismisses Thorne's "locked-in" theory. Naysayer! (R)(HD)

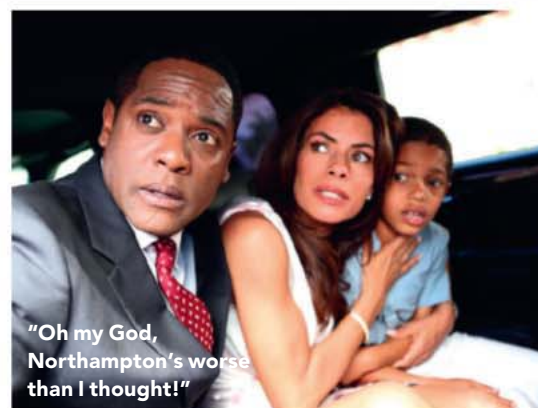
11.00 Stargate Universe
When the Destiny docks with a seeding ship, the crew learns it could hold enough energy to power the Stargate. (R)(HD)

12.00m't Football's Greatest
The career of former Fiorentina, Roma and Argentina star Gabriel Batistuta. (R)

12.30am Road Wars
Highway-based havoc. (R)

1.25 Road Wars (R)(HD) **2.15** Street Wars **3.05** Oops TV (R) **3.30** Lost (R)(HD) **4.20** Salon Takeover (R) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

TODAY'S MUST-SEES



"Oh my God, Northampton's worse than I thought!"

The Event Channel 4/HD, 9pm

DRAMA Double-bill of a new series about a man (Jason Ritter) who stumbles on the biggest cover-up in American history. Don't expect anything to become clear any time soon, though. Gripping, but baffling! ★★★★★



"So, ask them if they believe in Jesus, then give them a leaflet"

The Mentalist Five, 9pm

DRAMA Patrick's estranged brother-in-law is back on the scene and he brings trouble with him as it emerges he's involved in a murder investigation. Patrick can't let his family go down, so he dips his oar in. ★★★★★



"You told me you'd hoovered up!"

Dexter FX/HD, 10pm

DRAMA Dex discovers Trinity needs a fourth victim so it's a race against time to stop the killing cycle starting again when a young boy is kidnapped. Meanwhile, Debra becomes suspicious of pushy reporter Christine. ★★★★★

LITE AND CABLE TV TONIGHT

Comedy Store **12.00m't** **FILM** Scream 2: Horror. **2.20am** South Park **3.20** Grouchy Young Men **3.50** Two and a Half Men **4.15** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** The Truth Behind: Crop circles. **10.00** I Shouldn't Be Alive **11.00** Trawler Wars **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Industrial Revelations **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm **LIVE** Gymnastics **9.00** Russell Howard's Good News **9.30** Coming of Age **10.00** EastEnders **10.30** Don't Tell the Bride **11.30** Family Guy **12.15am** Russell Howard's Good News: Topical

laughs. **12.45** Coming of Age **1.15** Are You Fitter Than a Pensioner? **2.15** Don't Tell the Bride **3.15** My School Prom **4.15-5.15am** Are You Fitter Than a Pensioner?

E4 (136)

6.00pm Scrubs **7.30** Friends **9.00** How to Look Good Naked **10.00** Wife Swap: Two working mums trade places. **11.05** Desperate Housewives **12.05am** Scrubs **1.05** How to Look Good Naked **2.00** Wife Swap **2.55** Reno 911! **3.15** What About Brian **4.00** Switched **4.20** Accidentally on Purpose **4.40-6.00am** Switched

DAVE (111)

6.00pm Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** Have I Got Old News for You **9.40** QI XL **10.40** Mock the Week **11.20** Dave's One Night Stand **12.20am** Have I Got Old News for You **1.00** QI XL **2.00** Chandon Pictures **2.25-3.00am** Never Mind the Buzzcocks

MTV (350)

7.00pm Teen Mom **8.00** Celebrity Bites **8.30** Brandon Flowers: MTV.co.uk Session **9.00** Gonzo **10.00** No Doubt: Storytellers **11.00** World Stage **12.00m't** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm A Town Called Eureka **8.00** Warehouse 13 **9.00** Haven **10.00** **FILM** The Terminators: Thriller starring Jeremy London. **11.40** **FILM** Lost Colony: The Legend of Roanoke: Historical horror starring Adrian Paul. **1.30am** Thunderbirds **2.30** 3rd Rock from the Sun **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

FX (164)

7.00pm NCIS: Double-bill. **10.00** **MUST-SEE** Dexter **11.10** Burn Notice **12.10am** Farscape **1.10** Babylon 5 **2.10** ReGenesis **3.10-4.10am** Water Rats

6am

7pm

1am



7.30am **LIVE** Four Nations Rugby League: *New Zealand vs England*, kick off 8am.
10.00 Saturday Kitchen Live **11.30** Nigella Kitchen: *Making a curry*. Mmm. (R)
12.00noon BBC News, Regional News, Weather **12.15pm** **SPORT** Football Focus **1.00** **SPORT** Formula 1: The Korean Grand Prix - Qualifying (R) **2.30** **LIVE** Gymnastics **4.30** **SPORT** Final Score **5.15** BBC News, Regional News, Weather **5.30** Walk on the Wild Side **6.00** Strictly Come Dancing



6.00am CBeebies **7.00** CBBC **12.00noon** BBC Switch: The Cut **12.25pm** The Season (R) **12.55** The Season (R) **1.25** The 5:19 Show **1.45** Revealed **2.00** **FILM** The Long Ships: *Viking adventure starring Richard Widmark*. **4.00** Escape to the Country (R) **5.00** **LIVE** Match of the Day: *Donny vs Sheffield United*, kick-off 5.15pm.



5.30am ITV News **6.00** CITV **10.00** **FILM** Columbo: *Fade in to Murder: Crime drama starring Peter Falk and William Shatner*. **11.30** This Morning: Saturday **12.30pm** News, Weather **12.40** Best Ever Worst Auditions 2 (R) **1.40** **FILM** Babe: *Comedy drama*. **3.25** **FILM** Goldfinger: *James Bond adventure starring Sean Connery*. **5.30** Regional News, Weather **5.45** ITV News **6.00** All Star Family Fortunes **6.45** New You've Been Framed!



6.10am Planet Cook (R) **6.30** Yo Gabba Gabba (R) **7.00** **SPORT** World Sport **7.25** **SPORT** British GT Championship **7.55** **SPORT** The Morning Line **8.50** T4: One Tree Hill (R) **9.45** Ugly Betty (R) **10.45** The Hollyoaks Music Show Playlist **11.15** Lily Allen: *Real Stories* **12.15pm** Friends (R) **12.45** Scrubs (R) **1.15** **SPORT** That Paralympic Show **1.50** **LIVE** Channel 4 Racing **3.55** Come Dine with Me (R) **6.30** News **6.55** 4thought.tv



6.00am Milkshake! **10.00** **SPORT** UEFA Europa League Highlights (R) **11.05** The Gadget Show (R) **12.05pm** Rory and Paddy's Even Greater British Adventure (R) **1.05** **FILM** Captain Horatio Hornblower: *Seafaring adventure starring Gregory Peck*. **3.20** **FILM** Fools' Parade: *Comedy starring James Stewart and George Kennedy*. **5.10** **FILM** Where Eagles Dare: *Second World War adventure starring Richard Burton*.

7.45 Merlin
Gwen faces an impossible dilemma. Not us, though - flick to ITV!
8.30 The National Lottery Saturday Night Draws
Tonight's numbers.
8.45 Casualty
Loads of people get involved in the kind of accidents that never happen in real life.
9.35 BBC News, Weather
10.00 Michael McIntyre's Comedy Roadshow
Ardal O'Hanlon performs a headline set in Leeds. Jack Whitehall turns up, too.
10.30 Match of the Day
SPORT Gary Lineker listens to Alan Hansen complain about poor defending in today's matches, which include Chelsea vs Wolves, Spurs vs Everton and Sunderland vs Villa.
11.50 The Football League Show
SPORT The day's action from the lower leagues.

7.25 Coast
Miranda Krestovnikoff watches migrating geese feeding on the Wexford Slobs. Whatever floats her boat.
7.45 Dad's Army
Atten-shun! You're missing ITV1! (R)
8.15 Renaissance Revolution
People who don't get out much analyse the period's most famous paintings.
9.15 QI XL
Hilariously difficult questions about happiness, with Andy Hamilton, Rich Hall, Phill Jupitus and Alan Davies.
10.00 Have I Got a Bit More News for You
With Reginald D Hunter.
10.45 The Rob Brydon Show
The chuckly actor looks back at the highlights of the series. (R)
11.15 Sin City
FILM Brilliant film noir thriller about three heroes - a veteran cop, an ex-con and a former gumshoe - trying to protect or avenge a series of dames in distress. Bruce Willis and Jessica Alba star.

7.15 Harry Hill's TV Burp
Small-screen-based bellylaughs with the big-collared comic, many aimed at the very show coming on next. Excellent!
7.45 The X Factor
MUST-SEE The remaining 12 acts sing once again. Never mind that, though - with this and the next show you can now sit and watch lovely Cheryl Cole for over three hours, with your girlfriend's approval!
10.00 Piers Morgan's Life Stories: Cheryl Cole
The X Factor hottie talks to Piers about her divorce from Ashley Cole (why, Ashley? Why?), as well as her recent battle to recover from malaria.
11.00 ITV News, Weather
Thanks, ITV1 - you've been great tonight, but we're outta here!
11.15 An Audience with Michael Buble
Warbling nonsense. (R)
12.30am The Zone
Shopping and interactive gaming.

7.00 My Family's Crazy Gap Year
A welder decides to restore a battered old yacht and sail his wife and children to America. Blimey - that really is crazy!
8.00 The Real Vikings: A Time Team Special
Tony Robinson digs up a load of old relics from the Viking age. (R)
9.00 The Pillars of the Earth
Waleran plots to sabotage the cathedral project. The pesky monkey.
10.15 No Country for Old Men
MUST-SEE Quite simply one of the greatest films of the last decade. Don't miss it!
12.30am Dhrupad
FILM Indian documentary exploring one of the oldest forms of Indian classical music, Dhrupad. Er, quite simply not one of the greatest films of the last decade. Call it a night!

7.55 Five News
8.00 The Mentalist
Jane's brother-in-law gets involved in a murder investigation. Leave it to the experts, will you! (R)
9.00 CSI: Crime Scene Investigation
A flu-stricken Grissom is dragged into work from his sickbed to solve a murder. We'd love it if he ended up sneezing all over the forensic evidence. (R)
10.00 CSI: Crime Scene Investigation
A 14-year-old's death is linked to a man holed up in prison. (R)
10.55 CSI: Miami
Ryan is suspected of unwittingly helping a killer. The big dot. (R)
11.55 Cops in Crisis
Tales of survival told by police officers. (R)
12.15am SuperCasino
Trust us - you'll have spent enough in the pub tonight not to have a go at this.

1.15-6.00 BBC News

1.10-2.40am **FILM** Nemesis: *Sci-fi thriller with Olivier Gruner*. **5.45-8.00am** **LIVE** Four Nations Rugby League: *Australia vs Papua New Guinea*, kick off 6am.

2.30 Sons and Daughters **2.55** Elvis: The Early Years **4.20-5.30am** ITV Nightscreen

1.50 Studio 60 on the Sunset Strip (R) **2.35** **FILM** Call Me: The Rise and Fall of Heidi Fleiss: *Biopic*. **4.05** The OC (R) **4.50** The OC (R) **5.30-6.15am** Countdown (R)

REGIONAL VARIATIONS

BBC2 SCOTLAND: **10.45pm** **FILM** Wasted: *Teen drama starring Summer Phoenix*. **12.35am** The Rob Brydon Show **1.05-3.00am** **FILM** Sin City: *Gory film noir thriller starring Bruce Willis*. **BBC2 WALES:** **7.45pm** Gardeners' World **9.15** A Life without Work

10.15 Have I Got a Bit More News for You **11.00** The Rob Brydon Show **11.30** **FILM** Sin City **1.25-2.55am** **FILM** Nemesis: *Sci-fi thriller starring Olivier Gruner and Tim Thomerson*. **STV:** **11.15pm** An Audience with Donny and Marie **12.15am** Brain Box **1.00**

FILM Earthquake: *Epic disaster movie*. **3.00-5.30am** The Nightshift **ULSTER:** **11.15pm** UTV Rewind **11.30** Duty Free **12.00m't** Brain Box

TODAY'S SPORT



6.00am Aerobics
6.30 FIFA Futbol Mundial
7.00 Rugby League
7.30 **LIVE** Rugby Union: *Southland vs Wellington at Rugby Park Stadium in Invercargill, New Zealand*, kick-off 7.35am.
10.00 Ringside (HD)
11.00 Rugby League
12.30pm **LIVE** Golf: *The third day of the Castello Masters in Spain*. (HD)
4.30 Football's Greatest
5.00 **LIVE** Rugby Union: *Exeter Chiefs vs London Irish*, kick-off 5.15pm. (HD)
7.30 Rugby League
9.00 **LIVE** Boxing: *Liam Walsh vs Maxwell Awuku in Bethnal Green*. (HD)
11.00 Rugby Union (HD)
12.00m't Rugby League
1.30am Spanish Football (HD)
3.00 Boxing (HD)
5.00-6.00am Rugby Union (HD)



6.00am Sailing **7.00** Take It Like a Fan
7.30 Football League Weekend (HD)
8.30 Champions League Weekly (HD)
9.00 Premier League Preview (HD)
9.30 Take It Like a Fan
10.00 Soccer AM
12.00noon Football's Greatest: *The career of some bloke called Pele. You may have heard of him. Used to play for Brazil - reckoned to be pretty decent on his day*.
12.30pm **MUST-SEE** Football: *Spurs vs Everton*, kick-off 12.45pm. (HD)
3.00 Rugby League: *Action from New Zealand vs England in Wellington*.
4.30 World Sport
5.00 **LIVE** Football: *The Hammers vs Newcastle*, kick-off 5.30pm. (HD)
7.30 You're on Sky Sports!
8.25 Football First (HD)
4.15am Spanish Football (HD)
5.45-6.00am Sky Sports Classics

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
5.15pm Singin' in the Rain: *Musical comedy starring Gene Kelly*. **7.20** Hot Shots!: *Action movie spoof starring Charlie Sheen*. **9.00** Sleepy Hollow: *Horror starring Johnny Depp*. **11.00** The Devil's Backbone: *Psychological thriller starring Marisa Paredes*. **1.10am** Terminal Velocity: *Thriller starring Charlie Sheen*. **3.15-3.25am** The Social Network Special

COMEDY CENTRAL (126)
7.00pm The Office: *An American Workplace*. **8.00** Two and a Half Men **9.00** Dara O Briain: *Live at the Theatre Royal*

ESPN **6.45pm** ESPN Magazine **7.45** **LIVE** Italian Football
9.45 Bundesliga **11.30** UFC Unleashed **12.30am** UFC All Access **1.00** Ultimate Fighting Championship **2.00-6.00am** **MUST-SEE** Ultimate Fighting Championship

10.20 Michael McIntyre at the Comedy Store **10.50** **FILM** Scream 2: *Horror sequel starring Neve Campbell and David Arquette*. **1.10am** Comedy Central at the Comedy Store **1.40** South Park **2.40** Two and a Half Men **3.40** The King of Queens **4.05** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

DISCOVERY (520)
7.00pm Bear Grylls: *Born Survivor: Surviving a region devastated by a typhoon*. **8.00** How It's Made **9.00** Disaster Eyewitness: *A Brazilian bus fire transforms into an inferno*. **10.00** River Monsters **11.00** I Shouldn't Be Alive **12.00m't** Bear Grylls: *Born Survivor*. **4.40am** I Shouldn't Be Alive **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Great Movie Mistakes **7.20** Top Gear **8.40** **FILM** Deep Impact: *Sci-fi*

drama starring Robert Duvall. **10.30** Russell Howard's Good News Extra **11.15** Family Guy **12.00m't** American Dad! **12.45am** Lip Service **1.45** Ideal **3.45** Ideal Outtakes **4.15-5.00am** Russell Howard's Good News Extra

E4 (136)
6.30pm Ugly Betty: *Sort your teeth out!* **7.30** The Big Bang Theory: *Leonard's mother visits*. **7.55** How I Met Your Mother **8.30** Friends **10.00** My Funnies Year: 2000: *Rufus Hound presents a look back at the events of 2000*. **12.10am** Wife Swap USA **1.05** How to Look Good Naked **2.00** Make It or Break It **2.45** What About Brian **3.25-6.00am** Hollyoaks

DAVE (111)
7.00pm The Gadget Show **8.00** Three Men in More Than One Boat **9.00** Mock the Week: *Top laughs*. **1.40am** Pulling **2.10-3.00am** Never Mind the Buzzcocks

sky1

6.00am Brainiac's Test Tube Baby (R)
7.00 Lion Man (R) **7.30** Lion Man (R) **8.00** Malcolm in the Middle (R)(HD) **9.00** Best of Oops TV (R)(HD) **10.00** **SPORT** Soccer AM **12.00noon** Oops TV (R) **1.00pm** Malcolm in the Middle (R)(HD) **2.00** Project Runway (R)(HD) **3.00** My Pet Shame (R)(HD) **4.00** The Middle: Five episodes. (R)(HD) **6.30** The Simpsons (R)

7.00 The Simpsons

Bart lands himself in trouble when he steals a mobile phone. (R)

7.30 The Simpsons

Homer suffers the consequences of trying to copy a fire-eater. (R)(HD)

8.00 Too Young to Diet

How the weight-loss phenomenon is affecting the young. (R)

9.00 Gladiator

FILM Director Ridley Scott's brilliant sandals and toga-wearing epic starring Russell Crowe and Joaquin Phoenix. A betrayed Roman general becomes a gladiator, intent on avenging his murdered family. (HD)

11.55 Fringe

A series of odd events lead the Fringe Division to crimes with shocking coincidences. (R)(HD)

12.55am Classic Albums

The making of Steely Dan's sixth album, the 1977 release *Aja*. Us neither. (R)

2.10 In Search of Pirates (R)(HD) **3.00** Road Wars (R) **3.55** Family Court (R) **4.20** Don't Forget the Lyrics (R)(HD) **5.10-6.00am** Smarter Than a 10 Year Old? (R)

MTV (350)

7.00pm Celebrity Bites **7.30** The Hills **8.00** 16 and Pregnant **10.00** Nitro Circus **3.00-6.00am** All the Hits

SYFY (129)

6.20pm Fact or Faked: Paranormal Files **8.20** **FILM** Transmorphers: Fall of Man: Action thriller. **10.00** **FILM** The Game: Ace psychological thriller. **12.30am** **FILM** Horsemen of the Apocalypse: Horror thriller. **2.20** **FILM** AVH: Alien vs. Hunter: Actioner. **4.00-6.00am** Thunderbirds

FX (164)

6.00pm The Listener **8.00** American Dad! **9.00** Better Off Ted: Comedy. **10.00** Robot Chicken **10.15** Family Guy **11.15** Metalocalypse **11.30** Family Guy: Stewie becomes convinced he has skin cancer. **12.30am** The Venture Brothers **1.00** American Dad! **2.00** Family Guy **3.00-4.00am** Better Off Ted

TODAY'S MUST-SEES

Even hoodies were getting older in Cameron's Britain



YODA'S BACK!

Star Wars: The Clone Wars

Sky Movies Premiere/HD, 5.30pm

DRAMA The third series of the animated saga kicks off with a double bill of clone-centric carrying-on. In the first episode, five cadets struggle to complete their academy training on the ocean planet of Kamino. The second sees Anakin Skywalker and Obi-Wan Kenobi rush to the defence of the same planet after hearing of an imminent Separatist attack. Agreeable nonsense. ★★★★★

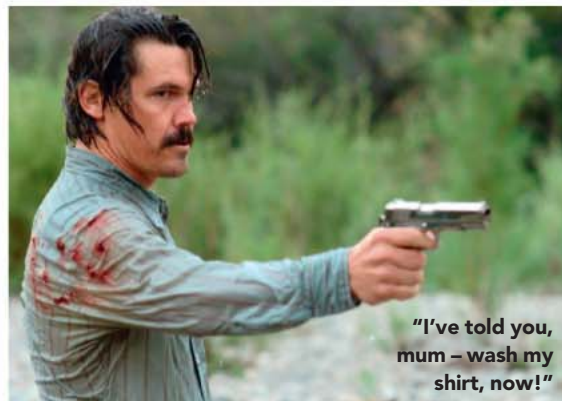
"Me an Everton player? But I can't play for Toffees"



Spurs vs Everton

Sky Sports 2/HD, 12.30pm

SPORT If they want to avoid relegation, Everton need to start winning. If they want to qualify for the Champions League again, Spurs need to start winning more, too. Interesting! ★★★★★



"I've told you, mum - wash my shirt, now!"

No Country For Old Men

Channel 4, 10.15pm

FILM Ace, slow-burning modern Western from the Cohen brothers, in which Josh Brolin (above) is a Texan drifter who finds a bag stuffed full of drug money - and takes it. Not clever! ★★★★★



They loved their visit to the Star Wars set

The X Factor **ITV1, 7.45pm**

REALITY Yet more irritating warbling and over-the-top amateurism - and that's just the judges. But there are far worse things to do on a Saturday night than gawp at Cheryl and Dannii. Like listening to the contestants, for instance. ★★★★★



"Swap you these mitts for a shirt?"

UFC1 **ESPN, 2am**

SPORT As we all know, Saturday nights are never complete until you've watched an old-fashioned tear-up at 2am! So, grab your kebab and watch heavyweight champ Brock Lesnar (above) defend his crown against Cain Velasquez. ★★★★★

6am

7pm

1am

BBC ONE

6.00am **MUST-SEE** Formula 1: The Korean Grand Prix: The 17th round of the season in Yeongam, start-time 7am. **9.15** The Andrew Marr Show **10.15** Sunday Morning Live **11.15** Country Tracks **12.15pm** Regional Programme **1.15** Bargain Hunt (R) **2.00** **SPORT** Formula 1: The Korean Grand Prix (R) **4.15** Points of View **4.30** Songs of Praise **5.05** Lost Land of the Tiger (R) **6.05** BBC News, Regional News, Weather **6.30** Countryfile

7.30 **Strictly Come Dancing**
Another flat-footed couple get the boot.
8.00 **Antiques Roadshow**
The team hunch over more broken old bits of crockery, claiming it's worth a fortune.
9.00 **Single Father**
Dave begins obsessively checking through Rita's diaries. Sneaky!

10.00 **BBC News, Regional News, Weather**
10.25 **The Apprentice**
The teams are challenged to bake and sell their goods, then Alan Sugar tears strips of the losers, as ever. Excellent! (R)
11.25 **Spooks**
The US president's life comes under threat on a visit to the UK. (R)

12.30am **Sign Zone: Mountain Gorilla**
Following the fortunes of the most vulnerable members of the species. (R)

1.30 Holby City (R) **2.25** Secret Britain (R) **3.25-6.00am** BBC News

BBC TWO

8.00am **SPORT** Match of the Day (R) **9.00** CBBC **10.00** Something for the Weekend **11.30** Flog It! (R) **12.00noon** EastEnders **2.00pm** **LIVE** Gymnastics: The World Artistic Gymnastics Championships. **5.00** Escape to the Country (R) **6.00** **FILM** The Four Feathers: Period adventure starring Heath Ledger and Kate Hudson.

8.00 **Attenborough's Journey**
Documentary following David Attenborough as he travels around the world making a documentary. Eh?
9.00 **Dragons' Den: What Happened Next?**
Theo Paphitis takes 90 employees to Greece for a week of team-building/ouzo-quaffing/plate-smashing.
10.00 **Match of the Day 2**
SPORT Action from the day's top-flight matches, including Man City vs Arsenal, Stoke vs Man United and Liverpool vs Blackburn. Cool!

11.10 **Never Mind the Buzzcocks**
Renowned music guru Mark Ronson guest hosts the music quiz. (R)
11.40 **Genius with Dave Gorman**
Ideas include a handshake simulator. We'd love to see that on *Dragons' Den*. (R)

12.10am **Extraordinary Rendition**
FILM Documentary-style drama starring Omar Berdouni.
12.10am **Extraordinary Rendition**
FILM Documentary-style drama starring Omar Berdouni.

1.25-3.15am BBC News

itv 1

5.30am ITV News **6.00** CITV **9.25** The X Factor (R) **11.40** This Morning: Sunday **12.25pm** News, Weather **12.30** **LIVE** FA Cup Football: Don't get too excited - it's just the first-round draw. **1.00** Coronation Street **3.20** Midsomer Murders (R) **4.55** Downton Abbey (R) **6.00** Regional News, Weather **6.15** ITV News **6.30** Harry Hill's TV Burp: Yesterday's show again. (R)

7.00 **The Cube**
Another contestant takes on a series of tasks within the confines of a large transparent cube. As you do.
8.00 **The X Factor**
The results of another vote are in.

9.00 **Downton Abbey**
High-adrenaline stuff as the village prepares for the annual flower show.
10.05 **ITV News, Weather**
10.15 **Whitechapel**
Chandler and Miles continue their efforts to track down the killer. (R)

11.15 **Piers Morgan's Life Stories: Cheryl Cole**
The X Factor beauty chats to Piers. There's no guarantee we'll be able to take in what she's talking about. (R)
12.15am **Premiership Rugby Union**
SPORT Highlights of the latest round of egg-ball fixtures, including Leicester Tigers vs Bath, and Wasps vs Northampton Saints.

1.00 The Zone **2.30** **SPORT** Motorsport UK **3.20-5.30am** ITV Nightscreen

1.00 The Zone **2.30** **SPORT** Motorsport UK **3.20-5.30am** ITV Nightscreen

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6.15am Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** **SPORT** Rat Race Stockton **7.30** GT Academy **8.25** T4: Friends (R) **8.50** The Wanted: Revealed! **9.30** Hollyoaks **12.00noon** Ugly Betty **1.00pm** The Simpsons (R) **2.05** Jamie's 30 Minute Meals (R) **4.45** Deal or No Deal: Box-based game show. **5.30** Time Team **6.30** News **6.55** 4thought.tv

7.00 **The Genius of British Art**
Roy Strong celebrates art by reading way too much into its meaning.

8.00 **Undercover Boss USA**
An executive experiences life as a waste management worker.

9.00 **The Secret Millionaire**
A toy company owner visits a Cardiff council estate. He wants to live like common people...

10.00 **Desperate Housewives**
Gabrielle concocts a wild theory concerning Juanita's conception.

10.55 **Seven Days**
Documentary following people lives of posh people in Notting Hill. (R)

12.00m't **The Real Housewives of New Jersey**
Ashley's behaviour continues to cause trouble for Jacqueline.

1.00am **LIVE** American Football: Green Bay Packers vs Minnesota Vikings, kick-off 1.20am. **4.45** GT Academy (R) **5.10-5.55am** Countdown (R)

FIVE

6.00am Milkshake! **10.00** How to Take Stunning Pictures (R) **10.30** **LIVE** Great South Run 2010: The 10-mile race from Southsea, Portsmouth. **12.15pm** Eddie Stobart: Trucks and Trailers (R) **1.15** Cowboy Builders (R) **2.15** **FILM** Indian Uprising: Western starring George Montgomery. **3.45** **FILM** Uptown Girls: Comedy starring Brittany Murphy. **5.35** **FILM** Surf's Up: Animated mockumentary featuring the voice of Shia LaBeouf.

7.15 **Five News**

7.20 **Ace Ventura Pet Detective**
FILM Hit comedy starring "rubber-faced" Jim Carrey as a wacky Miami private detective who specialises in tracking down lost pets.

9.00 **Bad Santa**
FILM Black comedy starring Billy Bob Thornton as a foul-mouthed department store Santa whose seasonal job is a cover for his true vocation as a safecracker. Brilliant stuff, but why's it being shown as early as October?

11.05 **Buying the Cow**
FILM A yuppie resolves to find his soulmate - but the mysterious woman he sets his sights on keeps eluding him. We've all been there.

12.50am **SuperCasino**
Roulette-related nonsense.

4.05 Wildlife SOS **4.50** Rough Guide To **5.00** Hana's Helpline **5.10** The Milkshake! Show **5.35** Thomas & Friends **5.45-6.00am** Roary the Racing Car

REGIONAL VARIATIONS

BBC1 SCOTLAND: 8.00pm **NEW** Making Scotland's Landscape **BBC1 NORTHERN IRELAND: 10.25pm** The Politics Show **10.45** Tom Daley: The Diver and His Dad **11.45** The Apprentice **12.45am** BBC News **BBC1 WALES: 10.25pm** The Welsh Knot **11.25** The

Apprentice **12.25am** **Spooks** **BBC2 SCOTLAND: 7.00pm** Escape to the Country **8.00** Dragons' Den: What Happened Next? **9.00** Attenborough's Journey **BBC2 NORTHERN IRELAND: 9.00pm** The Rob Brydon Show **9.30** In Cold Blood **11.10**

Dragons' Den: What Happened Next? **BBC2 WALES: 7.00pm** Natural World **11.10** **SPORT** Scrum V **12.00m't** Genius with Dave Gorman **12.30am** **FILM** Extraordinary Rendition: Documentary-style drama starring Omar Berdouni. **1.45-3.25am** BBC News

STV: 9.00pm Taggart **10.15** **SPORT** STV Sports Centre: Rugby **11.00** Words of the Blitz **12.00m't** Brain Box **1.00am** **FILM** Blues Brothers 2000. **3.00-5.30am** The Nightshift **ULSTER: 7.00pm** Lesser Spotted Ulster **10.15** The Dalai Lama's Hero **10.45**

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics
6.30 Football First (HD)
9.30 The Sunday Supplement
11.00 Goals on Sunday (HD)
1.00pm **MUST-SEE** Football: Stoke vs Man United, kick-off 1.30pm. (HD)
3.30 **MUST-SEE** Football: Man City vs Arsenal from the City of Manchester Stadium. Kick-off 4pm. Tasty! (HD)
6.30 Super Sunday: The Last Word (HD)
7.00 **LIVE** Spanish Football: The second-half of a match from La Liga. (HD)
8.00 **LIVE** Spanish Football: Now it's coverage of a full match from La Liga. (HD)
10.00 Football: Action from Man City vs Arsenal and Stoke vs Man United.
11.30 Super Sunday: The Last Word (HD)
12.00m't Football (HD)
12.30am Spanish Football (HD)
2.30 Football
4.00-6.00am Spanish Football (HD)

sky SPORTS 2

6.00am World Sport
6.30 Boxing: Liam Walsh vs Maxwell Awuku at Bethnal Green. (HD)
8.30 Rugby League: Australia vs Papua New Guinea in New South Wales.
10.00 Boxing: That bout between Liam Walsh and Maxwell Awuku again. (HD)
12.00noon World Sport
12.30pm **LIVE** Golf: The final round of the Castello Masters at the Club de Campo del Mediterraneo in Castellon, Spain. (HD)
4.30 World Sport: Highlights of the latest events around the globe. Obviously.
5.00 IEX Magazine
5.30 **LIVE** American Football: Tampa Bay Buccaneers vs St Louis Rams, kick-off 6pm.
9.00 **LIVE** American Football: San Diego Chargers vs New England Patriots at Qualcomm Stadium, kick-off 9.15pm.
12.30-2.00am Rugby League: Australia vs Papua New Guinea from earlier.

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.50pm How to Lose a Guy in 10 Days: Romantic comedy. **9.00** 10 Things I Hate About You: Comedy starring Heath Ledger and Julia Stiles. **11.00** Pan's Labyrinth: Period fantasy starring Ivana Baquero. **1.15am** The Actors: Comedy starring Michael Caine and Dylan Moran. **3.05-3.15am** The Social Network Special

COMEDY CENTRAL (126)

7.00pm Two and a Half Men **7.30pm** Mike & Molly **8.00** Two and a Half Men **10.00** South Park **10.30** Live at the Apollo: With Al Murray and Chris Addison.

ESPN **6.30pm** GT1 World Championship **7.45** **LIVE** Italian Football

9.45 ESPN Exclusive **10.00** Ultimate Fighting Championship **1.00am** Live Major League Soccer **3.00** Press Pass 2010 **3.30-5.30am** Superleague Formula

11.30 South Park **12.30am** Live at the Apollo **1.30** The Office: An American Workplace **2.30** Two and a Half Men **3.30** Comedy Central at the Comedy Store **4.00** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

DISCOVERY (520)

7.00pm How Do They Do It? **8.00** How It's Made **9.00** Trawler Wars **10.00** Bear Grylls: Born Survivor: Surviving a region devastated by a typhoon. **11.00** Alien Storms **12.00m't** Into the Dragon's Lair: The habits of the Nile crocodile in the caves of Botswana. **1.00am** Mythbusters **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm **SPORT** Formula 1: The Korean Grand Prix - Highlights **8.00** The World's Strictest Parents **9.00** Gavin & Stacey **9.30** DOA **10.00** American Dad! **10.45** Family Guy **11.30** Gavin & Stacey:

Excellent comedy. **12.00m't** DOA **12.30am** The World's Strictest Parents **1.30** Are You Fitter Than a Pensioner? **2.30** Kids with Guns - Stacey Dooley Investigates **3.30** **SPORT** Formula 1: The Korean Grand Prix - Highlights **4.25-5.25am** Are You Fitter Than a Pensioner?

E4 (136)

7.00pm Life Unexpected **8.00** Friends **9.00** **FILM** Crocodile Dundee II: Comedy. **11.10** David Blaine: Street Magic **12.10am** Skins **2.15** Wife Swap USA **3.10** Reno 911! **3.30-6.00am** Hollyoaks

DAVE (111)

7.00pm Stephen Fry in America **8.20** I'm Alan Partridge **9.00** Live at the Apollo **10.00** **MUST-SEE** Dave's One Night Stand: With Johnny Vegas. **11.00** Mock the Week **11.40** Live at the Apollo **12.40am** I'm Alan Partridge **1.20** Mock the Week **2.00** Pulling **2.30-3.00am** Speeders

sky1

6.00am Hour of Power **7.00** Wild Vets (R) **7.30** Wild Vets (R) **8.00** It's Me or the Dog USA (R)(HD) **9.00** Customs UK (R) (HD) **9.30** Customs UK (R)(HD) **10.00**

SPORT WWE Superstars (R) **11.00** **SPORT** WWE: Experience (R) **12.00noon** Futurama (R) **12.30pm** Futurama (R) **1.00** The Real A&E (R)(HD) **1.30** Super Nurses (R) **2.00** Real Filth Fighters (R)(HD) **2.30** Emergency Animal Rescue (R)(HD) **3.00** My Pet Shame (R) **4.00** Futurama (R) **4.30** Futurama (R) **5.00** The Simpsons (R) **6.00** The Middle (HD)

7.00 Prince William's Africa

Following a royal visit to Botswana for Tusk Trust's 20th anniversary. (R)(HD)

8.00 The Simpsons

Loads of surveillance cameras are installed in Springfield. (R)(HD)

8.30 Modern Family

Claire and Mitchell agree to be brutally honest with each other's partners. (R)(HD)

9.00 Thorne: Sleepyhead

MUST-SEE The last of a gripping three-parter. (HD)

10.00 House

A patient suffering from uncontrollable vomiting is admitted. Urght! (HD)

11.00 An Idiot Abroad

This week, Karl Pilkington has a horrible time in Egypt. Ace! (R)(HD)

12.00m't Inside: Prison Tactical

The California Institute for Women. (R)

1.00am Law & Order **1.50** Battle for the Amazon **2.40** Road Wars **3.30** Family Court **4.20** Don't Forget the Lyrics **5.10-6.00am** Smarter Than a 10 Year Old?

Whitechapel **12.00m't** Brain Box **2.30** **SPORT** Premiership Rugby Union

MTV (350)

6.30pm America's Best Dance Crew **8.00** 16 and Pregnant **9.00** Jersey Shore **10.00** The Hard Times of RJ Berger **10.30** South Park **11.30** America's Best Dance Crew **1.00am** Jersey Shore **2.00** The Hard Times of RJ Berger **3.00-6.00am** All the Hits

SYFY (129)

7.00pm Warehouse 13 **8.00** Haven **9.00** **FILM** The Game: Top thriller starring Michael Douglas. **11.30** **FILM** My Name Is Bruce **1.10am** **FILM** Lost Colony: The Legend of Roanoke **3.00** Painkiller Jane **4.00-6.00am** Thunderbirds

FX (164)

7.00pm NCIS **10.00** Dexter **11.10** Life **12.10am** Burn Notice **1.10** To Catch a Predator **2.10** Cops: Real-life footage. **3.10** Robot Chicken **3.25** Metalocalypse **3.40-4.10am** The Venture Brothers

TODAY'S MUST-SEES



"Darling, this modern dance routine is to die for!"

Stoke vs Man United & Man City vs Arsenal

Sky Sports 1/HD, from 1pm

SPORT Two belting matches in prospect. First up, unlikely draw specialists United travel to the Britannia Stadium to face Stoke. Our prediction? Er, a draw. That's just a warm-up for the day's really big one, though, as Man City take on Arsenal at Eastlands. We've no idea how this one'll finish, but we wouldn't be surprised if former Gunner Emmanuel Adebayor gets involved in some predictably nutty antics at some point. ★★★★★

GRUDGE GAME!



"This M6 Toll road's a bit hairy"

F1: The Korean Grand Prix

BBC1, 6am

SPORT After a season of dogfights, Jenson and Lewis find themselves in the last-chance saloon. Thankfully, the McLaren team believe they can triumph at the brand-new Yeongam circuit. ★★★★★



Yet again, the army had got their camouflage wrong

Dave's One Night Stand

Dave, 10pm

COMEDY Comedy series that sees top stand-ups return to their roots with just one thing in mind – making the locals laugh! This week, it's Johnny Vegas' turn on the mic. ★★★



"Bloody binmen on strike again!"

Thorne: Sleepyhead

Sky1/HD, 9pm

DRAMA In the final part of this taut story, the pressure mounts on Thorne (David Morrissey) as the hunt for the killer takes a shocking twist. A new story starts next week – ace! ★★★★★

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6.00am Breakfast **9.15** **NEW** Animal 24:7: A pregnant cat is given its first ultrasound scan. **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** To Buy or Not to Buy **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Land Girls (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link: Angry quiz show. **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather



6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park: A sea lion is born. (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** Film 2010 with Claudia Winkleman (R) **2.15** Instant Restaurant (R) **3.00** Diagnosis Murder (R) **3.45** Flog It! **4.30** Pointless **5.15** **NEW** The Hairy Bikers' Cook Off **6.00** Eggheads **6.30** Strictly Come Dancing – It Takes Two



5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal (R) **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show: With Spelbound. **6.00** Regional News, Weather **6.30** ITV News



5.55am Sali Mali (R) **6.00** The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** According to Jim (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** A Place in the Sun: Home or Away (R) **1.00** **FILM** The Bad News Bears: Comedy. **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal: Trick or Treat **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks



6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House (R) **12.40pm** Five News **12.50** Warship (R) **1.45** Neighbours **2.15** Home and Away **2.50** Animal Rescue Squad (R) **3.05** **FILM** On Hostile Ground: Disaster movie starring John Corbett. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 The One Show
Topical stories.
7.30 Inside Out
Upside-down and round and round, etc.
8.00 EastEnders
Carol is in despair. You'll feel exactly the same if you don't change channels soon.
8.30 Panorama
Landlords accused of exploiting the poor and vulnerable. The swines.
9.00 Spooks
MI5 and the CIA come under threat from foreign hackers/spods.
10.00 BBC News, Weather
10.35 Ask Rhod Gilbert
The hilarious Welshman answers more of the public's burning questions.
11.20 The Graham Norton Show
With Charlotte Church. (R)
12.05am Damages
Gregory emerges from hiding. (R)
12.45 Damages
Patty discovers Gregory is dead. (R)

7.00 Michael Wood's Story of England
The effect of famine and the Black Death in the 14th century. We're going to go out on a limb and say a fairly negative one.
8.00 University Challenge
Swotty questions for swotty people.
8.30 MasterChef: The Professionals
The remaining chefs stress out preparing meals against the clock. Someone really should introduce them to a microwave.
9.00 Horizon: Miracure? A Decade of the Human Genome
Sounds complicated. Avoid!
10.00 Genius
MUST-SEE Tim Minchin guests to chat about ideas including a musical instrument for pensioners. Dave Gorman hosts.
10.30 Newsnight
11.20 A Life without Work
How being unemployed has changed from olden days to now. Fifa 11? (R)
12.20am BBC News

7.00 Emmerdale
Hannah catches Holly trying to buy drugs. Probably in a chemist, knowing this show.
7.30 Coronation Street
Ashley and Claire each stand their ground over the move to France. We'd rather they both did the opposite and just went.
8.00 Wild Britain with Ray Mears
The survival expert studies some butterflies. The outrageous daredevil!
8.30 Coronation Street
Becky passes herself off as Kylie. Don't tell us – she gets upset when everyone keeps mistaking her for Dannii?
9.00 Whitechapel
Chandler and the team begin to play the twins at their own game.
10.00 ITV News, Weather
10.35 Real Crime: The Cat and Mouse Killer (R)
11.35 Greatest Cities of the World with Griff Rhys Jones
A day in Hong Kong. (R)
12.35am The Zone

7.00 News
7.55 4thought.tv
8.00 Dispatches
In-depth current affairs reports. Shudder.
9.00 Titanic: The Mission
Focusing on Titanic's safety features. We've a hunch they were substandard.
10.00 The Million Pound Drop Live
NEW Shouty Davina McCall presents the game show in which contestants can win a million quid – but almost certainly won't.
11.10 Ramsay's Best Restaurant
Two French restaurants get the treatment from the craggy faced chef. (R)
12.10am Music on 4: On Track
12.30 Bestival Presents Flaming Lips
12.45 Strummerville Sessions
NEW Music show hosted by Jaime Winstone.

7.00 Five News at 7
7.30 How Do They Do It?
Moving the 11,000-ton Sedco 706 drilling platform from Scotland to Singapore. Presumably for a laugh.
8.00 The Gadget Show
Olympic gold medalist Amy Williams reviews home fitness devices.
9.00 Rory and Paddy's Even Greater British Adventure
The comedians visit the southwestern counties to build sandcastles.
10.00 Russell and Katy Get Married
Mad-haired comic Russell Brand's marriage to singer Katy Perry.
11.00 Dangerous Minds
FILM True-story drama starring Michelle Pfeiffer.

1.35 Sign Zone: The Apprentice (R) **2.35** The Great British Bake Off: Pan-clutching challenge. (R) **3.35** Out of the Frying Pan (R) **4.35-6.00am** BBC News

4.00-6.00am BBC Learning Zone

2.35 **SPORT** UEFA Champions League Weekly **3.05** The Jeremy Kyle Show (R) **4.00-5.30am** ITV Nightscreen

1.00 **SPORT** Premier League Poker **1.55** **FILM** Duvidha: Supernatural romance. **3.20** ER (R) **4.05** Afterworld (R) **4.30-6.05am** **FILM** Thunderbirds Are GO:

1.00am SuperCasino **4.05** House Doctor (R) **4.25** Brian Sewell's Grand Tour (R) **5.05** The Family Recipe (R) **5.10-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS
BBC1 SCOTLAND: **7.30pm** Real Rescues **11.15** **SPORT** SportsScene **12.00m't** Graham Norton **12.45am** Damages **1.25** Damages **2.15-3.15am** The Apprentice **BBC1 NORTHERN IRELAND:** **7.30pm** In Your Corner **10.35** **NEW** Choirboys **11.05**

Ask Rhod Gilbert **11.50** The Graham Norton Show **12.35** Mountain Gorilla **BBC1 WALES:** **7.30pm** Snowdonia 1890 **10.35** X-Ray **11.05** Graham Norton **11.50** Damages **12.30am** Damages **1.15** BBC News **BBC2 SCOTLAND:** **7.00pm** Dè a-nis?

11.20 Michael Wood's Story of England **12.20am** A Life without Work **1.20** BBC News **BBC2 NORTHERN IRELAND:** **7.00pm** The Boys of St Columb's **7.50** Off the Beaten Track **10.00** Seacht **10.25** Seinn Lìom **11.20** Genius **11.50** A Life without Work **12.50am**

BBC News **BBC2 WALES:** **10.00pm** Becoming Mr Nice **11.20** Genius **11.50** A Life without Work **12.50am** BBC News **STV:** **10.30pm** STV News and Weather **10.40** Grimefighters **11.10** Oran na Mna **11.45** A Reir na h-Aimsir **12.15am** Brain Box **1.00**

TODAY'S SPORT

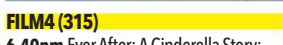


6.00am Good Morning Sports Fans (HD)
9.00 Football **10.30** Super Sunday: The Last Word (HD) **11.00** Spanish Football (HD) **12.30pm** Football (HD)
1.00 Football
2.30 Super Sunday: The Last Word (HD)
3.00 Spanish Football (HD)
5.00 Super Sunday: The Last Word (HD)
5.30 Soccer AM: The Best Bits
6.30 Netbusters
7.00 Sky Sports News at Seven (HD)
7.30 **LIVE** Football: Leeds vs Cardiff at Elland Road, kick-off 7.45pm. (HD)
10.00 Netbusters
10.30 SPL Round-Up (HD)
11.00 A League of Their Own (HD)
11.30 Premier League Review (HD)
12.30am Soccer AM: The Best Bits **1.30** Football (HD) **3.00** FIFA Futbol Mundial **3.30** Watersports World **4.30** Max Power **5.30-6.00am** FIFA Futbol Mundial

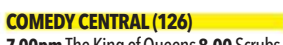


6.00am Aerobics
6.30 Urban Ride
7.00 WWE: Bottom Line (HD)
8.00 Golf (HD)
11.00 Golf (HD)
12.30pm Urban Ride
1.00 American Football
3.00 Boxing (HD)
5.00 Wild Spirits
5.30 Extra Time
6.00 American Football: Tampa Bay vs St Louis and San Diego vs New England.
8.00 Boots 'n' All
9.00 Motorsport (HD)
10.00 Show Jumping
11.00 Boots 'n' All
12.00m't Angling
1.00am Golf
2.00 Golf (HD)
3.00 Wonderful World of Golf
4.30-5.30am PGA Tour Classic

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT



6.40pm Ever After: A Cinderella Story: Romantic drama starring Drew Barrymore.
9.00 Mr & Mrs Smith: Comedy adventure starring Angelina Jolie. **11.15** The Magdalene Sisters: Drama starring Geraldine McEwan. **1.30-3.30am** Little Red Flowers: Comedy drama.



7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** Mike & Molly **10.30** Live at the Apollo: With Al Murray. **11.30** Sex and the City **12.40am** Two and a Half Men **1.40** South Park



6.30pm Talk of the Terrace **7.45** **LIVE** Italian Football
9.45 ESPN Premier League Kicks **10.00** Between The Lines **10.30** Rugby Union **12.00m't** NFL: Countdown **1.30am** **LIVE** NFL **4.30-5.00am** Press Pass 2010

2.40 Grouchy Young Men **3.10** Scrubs **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier



6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Mythbusters **10.00** **MUST-SEE** Frontline: Battle Machines with Mike Brewer **11.00** How the Universe Works **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Chris Barrie's Massive Engines **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?



7.00pm Merlin **7.45** Doctor Who **8.30** **MUST-SEE** Freak Like Me **9.00** The World's Strictest Parents **10.00** EastEnders **10.30** My School Prom **11.30** Family Guy **12.15am** World's Strictest Parents **1.15** Freak Like Me **1.45** I Can't Stop Stealing

2.45 My School Prom **3.45** The Real Hustle **4.15-5.05am** I Can't Stop Stealing



7.00pm Friends **8.30** Hollyoaks **9.00** **MUST-SEE** Hollyoaks Later **10.00** One Tree Hill **11.00** PhoneShop **11.35** Facejacker **12.10am** Hollyoaks Later **1.10** A Shot at Love with Tila Tequila **1.55** Scrubs **2.45** Facejacker **3.10** A Shot at Love with Tila Tequila **3.55** Switched **4.15** Accidentally on Purpose **4.35-6.00am** Switched



7.00pm **SPORT** World Rally **8.00** Top Gear **9.00** Ruddy Hell! It's Harry and Paul **9.40** The Armstrong & Miller Show **10.20** Peep Show **10.55** Dave's One Night Stand **11.55** Ruddy Hell! It's Harry and Paul **12.35am** The Armstrong & Miller Show **1.15** Peep Show **1.50** Never Mind the Buzzcocks **2.20** And Then You Die **2.45-3.00am** **SPORT** Radical Highs

25 OCTOBER

MONDAY

FULL 7
DAY TV
GUIDE!

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Super Nurses (HD) **11.30** The Secret Guide to Women's Health (R) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)(HD)

7.00 The Simpsons

Bart attempts resurrection. (R)

7.30 The Middle

Mike has to decide between seeing the Final Four and attending a funeral. (HD)

8.00 Fat Families

NEW Lard-guzzling types try to change their lifestyles.

9.00 Wives

The lives of extraordinary wives and girlfriends. (R)(HD)

10.00 NCIS: Los Angeles

A naval commander's daughter is videotaped being buried alive. (HD)

11.00 Bones

The team help Cam uncover the identity of a boy from his skeleton. (R)(HD)

12.00m't Law & Order

Lupo and Bernard investigate when an illegal immigrant is attacked. (HD)

1.00 Road Wars (R)(HD) **2.40** Street Wars (R) **3.30** Lost (R)(HD) **4.20** Tabatha's Salon Takeover (R) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER: 10.30pm** UTV Live Tonight **11.00** Surgery School **12.00m't-2.35am** Brain Box **ITV1 WALES: 8.00pm** The Ferret **10.30-10.35pm** Wales Tonight

MTV (350)

7.00pm Teen Mom **8.00** Celebrity Bites **8.30** My Super Sweet 16 **9.00** The Hard Times of RJ Berger **10.00** 16 and Pregnant **11.00** Scream Queens **12.00m't** South Park **1.00am** The Dudesons in America: Top pranks. **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm A Town Called Eureka **8.00** Sanctuary **10.00** Haven **11.00** Warehouse 13 **12.00m't** **12.00m't** An American Werewolf in London: Horror comedy. **2.00am** Haunted Homes **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Mysterious Ways

FX (164)

7.00pm NCIS **9.00** Family Guy **10.00** NCIS **11.00** Dexter: A boy goes missing. **12.10am** Farscape **1.10** Babylon **5.2.10** ReGenesis **3.10-4.10am** Water Rats

TODAY'S MUST-SEES



"...and Truck promised to stop following me. He's behind me, isn't he?"

Frontline Battle Machines With Mike Brewer

Discovery, 10pm

DOCU Ever wondered what it's like to be in a Chinook over Afghanistan's badlands? Well, wonder no further because Mike Brewer has done it for you – phew! It doesn't stop there either, as the journo and his team thrash the bejaysus out of every contraption used by Nato, while marvelling at the bravery and insanity of the men at arms. Just don't expect an easy ride – the Chinook pilot gets shot in the face, for one thing! ★★ ★★

WAR VEHICLES!



Tevez' new look raised a few eyebrows

Freak Like Me

BBC3, 8.30pm

COMEDY You know those weird little habits we have but don't tell anyone about, like that way you always eat a certain chocolate bar? Well, it might not be that strange after all. Russell Kane asks people to share their secrets. ★★ ★



"Guess which one of us has been married the longest!"

Genius

BBC2, 10pm

COMEDY Would travelling to work on the London Underground be quicker if it were turned into a river filled with rubber rings? Tim Minchin and Alexei Sayle join Dave Gorman to discuss this and other potentially genius ideas. ★★ ★



It was an aggressive passing of the Olympic Torch

Hollyoaks Later

E4, 9pm

SOAP It's late-night *Hollyoaks* all this week, so expect the odd muttering of rude words, plenty of saucy shenanigans with the extremely hot ladies and, oddly, Mike Bisping's acting debut as a proper hardman – not much of a stretch then! ★★ ★

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PKR let's play

PREVIEWS: NICK WATKINS, DANIELLE GRAPH, PHIL BOUCHER

6am

7pm

1am

BBC ONE

6.00am Breakfast **9.15** Animal 24:7
10.00 Homes Under the Hammer **11.00** Cowboy Trap **11.45** To Buy or Not to Buy
12.15pm Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Land Girls (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show

7.30 EastEnders
More Cockneys shout at each other.

8.00 Holby City

The hospital's staff are nervous in the face of redundancies. Let's hope they're all laid off, and the show ends.

9.00 Crimewatch

Live crim-catching, with a reconstruction of the 1985 Broadwater Farm riot.

10.00 BBC News, Weather

10.35 Crimewatch Update

10.45 Nuns Aloud

Record company bigwigs search for singing nuns to create an album. And they say rock'n'roll is dead.

11.40 The Love Letter

FILM Romantic comedy starring Kate Capshaw.

1.05am Sign Zone: See Hear (R) **1.35** E Numbers: An Edible Adventure (R) **2.35** Restoration Roadshow (R) **3.35** The Big School Lottery (R) **4.35-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R)
12.00noon Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** Ready Steady Cook (R) **2.15** Instant Restaurant (R) **3.00** Diagnosis Murder (R) **3.45** Fog! It! **4.30** Pointless **5.15** The Hairy Bikers' Cook Off **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

7.00 Coast

Interested in vast stretches of water? You're in luck then! So are we, thankfully - *The Simpsons* is on Sky1! (R)

8.00 MasterChef: The Professionals

The water-burning continues.

9.00 Whites

Bib consider his future at the White House when Roland films a segment for a culinary TV show. Mark Little guest stars.

9.30 Harry & Paul

MUST-SEE More of the brilliant, laugh-out-loud sketch show. Don't miss this one, chaps.

10.00 Later Live - with Jools Holland

With Paul McCartney, Neil Diamond, Elvis Costello, Black Keys and Aloe Blacc.

10.30 Newsnight

11.20 Wonderland: The British in Bed

Wahey!

4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News **6.00** Daybreak: With Julianne Moore. **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale

Moira and John consider giving Holly methadone. Sounds a bit drastic to us!

7.30 Grimefighters

Squatters in a tower block, pigeon pie, and a randic chip shop. Don't watch this while you're having your dinner. (R)

8.00 Fiddles, Cheats & Scams

The self-taught master behind Britain's most audacious art fraud.

9.00 71 Degrees North

The four semi-finalists face a gruelling survival challenge when they dangle from the top of a dam 120m above rocks. Easy!

10.00 ITV News, Weather

10.35 Homes from Hell

People whose seaside homes look like falling into the sea. Drat! (R)

11.35 Swingtown

Dark secrets are revealed during the Deckers' annual treasure hunt game.

12.25am The Zone

2.25 The Rockford Files **3.20** Jeremy Kyle (R) **4.15-5.30am** ITV Nightscreen

4

6.05am The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** According to Jim (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** A Place in the Sun: Home or Away (R) **1.10** **FILM** Courage of Lassie: Adventure. **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal: Trick or Treat **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Wedding House

Two strippers renew their vows. Please both be female, please both be female...

9.00 Ramsay's Best Restaurant

Professional stress-head Gordon Ramsay pits more restaurants against each other.

10.00 The Million

Pound Drop Live
Rubbish game show where contestants have the chance to win a million quid.

11.05 Seven Days

Docu about people living in Notting Hill.

12.10am Music on 4: Pink: Video Exclusive

12.15 Late Night Poker

SPORT The Grand Final as the eight heat winners play some serious cards.

1.15 Volleyball **2.10** Freesports (R) **3.00** Boxing **3.30** British GT Championship (R) **3.55** World Sport (R) **4.20** GT Academy (R) **5.15-6.05am** Deadliest Catch (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House (R) **12.40pm** Five News **12.50** Warship (R) **1.45** Neighbours **2.15** Home and Away **2.50** Animal Rescue Squad (R) **3.05** **FILM** Two Mothers for Zachary: Fact-based drama starring Valerie Bertinelli and Vanessa Redgrave. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 Street Market Chefs

NEW Amanda Lamb tours market towns, challenging chefs to produce meals using local ingredients.

8.00 Sea Patrol UK

NEW There's an unexploded Second World War mine in Portland Harbour. Panic!

9.00 CSI: Miami

MUST-SEE More over-the-top mayhem in Miami.

10.00 CSI: NY

A student is found soaked in blood and carrying an axe. Hmm, doesn't sound promising for him really, does it? (R)

11.00 CSI: Crime Scene Investigation

A nightclub owner is killed. (R)

12.00m't NCIS

Nikki Jardine helps Tony investigate the murder of a Marine in Baghdad. (R)

12.55am SuperCasino

4.00 House Doctor (R) **4.25** Brian Sewell's Grand Tour (R) **5.05** The Family Recipe (R) **5.10-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 8.00pm River City **10.35** Holby City **11.35** Crimewatch Update **11.45** Nuns Aloud **12.35am** **FILM** The Love Letter **2.05-2.30am** Sign Zone: See Hear **BBC1 NORTHERN IRELAND: 10.35pm** Spotlight **11.05** Crimewatch Update

11.15 Nuns Aloud **12.05am** Damages **12.50** Off the Beaten Track **BBC1 WALES: 10.45pm** Week In, Week Out **11.15** Nuns Aloud **12.10am** **FILM** The Love Letter **BBC2 SCOTLAND: 7.00pm** Five Climbs, Five Islands **12.30am** BBC News **BBC2 NORTHERN**

IRELAND: 7.00pm The Choirboys **7.30** **NEW** An Bhearna Bhaoil **10.00** High Life **11.20** Later Live - with Jools Holland **11.50** The British in Bed: Director's Cut **12.50am** BBC News **BBC2 WALES: 7.00pm** Snowdonia 1890 Uncovered **7.30**

Mastermind **STV: 7.30pm** Being Victor **10.30** STV News **10.40** Ladette to Lady **11.40** Vet School Bites **12.00m't** Brain Box **1.00am** Jeremy Kyle **2.00-5.30am** The Nightshift **ULSTER: 10.30pm** UTV Tonight **11.00** The Cube **12.00m't** Brain Box

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
9.00 Netbusters **9.30** Football (HD)
11.00 SPL Round-Up (HD)
11.30 Netbusters
12.00noon Soccer AM: The Best Bits
1.00pm Football (HD)
2.30 Premier League Review (HD)
3.30 Netbusters
4.00 Soccer AM: The Best Bits
5.00 Premier League Review (HD)
6.00 Spanish Football
7.00 Sky Sports News at Seven (HD)
7.30 Soccer Special (HD)
10.30 Spanish Football
11.30 A-League
12.00m't Football (HD)
1.30am Spanish Football
2.30 Football Asia
3.00 Football (HD)
4.30 Spanish Football
5.30-6.00am A-League

sky SPORTS 2

6.00am Aerobics **6.30** Urban Ride **7.00** Netbusters **7.30** Extra Time **8.00** Premier League Review (HD) **9.00** Golf
10.00 Golf (HD)
11.00 Wonderful World of Golf
12.30pm PGA Tour Classic
1.30 Extra Time
2.00 Motorsport (HD)
3.00 Boots 'n' All
4.00 Show Jumping
5.00 Sports Unlimited
6.00 Boots 'n' All
7.00 Mountain Bike World
7.30 **MUST-SEE** The Carling Cup fourth-round match between Man United and Wolves at Old Trafford, kick-off 8pm. (HD)
10.15 Poker (HD)
12.15am Polocrosse
1.15 Polo
2.15 Sailing
3.15-3.30am Sky Sports Classics

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.55pm Never Been Kissed: Romantic comedy with Drew Barrymore and Michael Vartan. **9.00** The Insider: Fact-based drama starring Al Pacino and Russell Crowe. **12.05am** Bad Girls: Western starring Madeleine Stowe. **2.05-4.00am** Summer with Monika: Romantic drama with Harriet Andersson.

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **9.30** Live at the Apollo **10.30** Mike & Molly **11.00** Sex and the City **12.10am** Two and a Half

ESPN **7.30pm** Kicks 7.45 Game of the Week **8.15** Football **10.00** Pardon the Interruption UK **10.30** Football **12.30** **LIVE** Ice Hockey **3.00** Press Pass 2010 **3.30** Football **4.00** Kicks **4.15** Game of the Week **4.45-5.00am** Kicks

Men **1.10** South Park **2.10** The Office: An American Workplace **3.10** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Trawler Wars **10.00** Deadliest Catch **11.00** Miracle on the Hudson **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Chris Barrie's Massive Engines **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Total Wipeout **8.00** Snog, Marry, Avoid? **9.00** Don't Tell the Bride **10.00** EastEnders **10.30** **MUST-SEE** Lip Service **11.30** Family Guy **12.20am** Don't Tell the Bride **1.20** Lip Service **2.20** Total Wipeout **3.20** Snog, Marry, Avoid?

4.20-5.20am Sex Trafficking in Cambodia - Stacey Dooley Investigates

E4 (136)

7.00pm Friends **8.30** Hollyoaks **9.00** Hollyoaks Later **11.40** The Event **12.00m't** Hollyoaks Later **1.05am** Scrubs **1.55** The Event **3.25** Reno 911! **3.45** Switched **4.10** Accidentally on Purpose **4.30-6.00am** Switched

DAVE (111)

7.00pm Ray Mears' Wild Food **8.00** Top Gear **9.00** Qi XL **10.00** Argumental **10.40** Mock the Week **11.20** Have I Got Old News for You **12.00m't** Qi XL **1.00am** Argumental **1.40** Mock the Week **2.15** Never Mind the Buzzcocks: Music quiz. **2.45-3.00am** Radical Highs

MTV (350)

7.00pm Teen Mom **8.00** The Hills **9.00** Jersey Shore: Mike threatens to tell Jose

NEW
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ON SALE
TODAY!

26 OCTOBER

TUESDAY

FULL 7
DAY TV
GUIDE!

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** The Real A&E (R)(HD) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R)(HD) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)(HD)

7.00 The Simpsons

It's a trilogy of tales, including giant billboard characters coming to life, groundskeeper Willy's revenge and the mysterious "third dimension". Ace! (R)

7.30 The Middle

The Hecks' lose their leccy because they've not paid their bills. Tut, tut. (HD)

8.00 Fat Families

Changing the lifestyles of lardy families.

9.00 Stargate Universe

Chloe's increasingly nutty behaviour becomes a cause for concern. (HD)

10.00 Fringe

Thomas is forced to wake a shapeshifter. This isn't going to end well. (HD)

11.00 A League of Their Own

Guests include Rob Brydon. (R)(HD)

11.30 A League of Their Own

With Jack Whitehall. (R)(HD)

12.00m't Lie to Me

Lightman tries to stop a bank robbery. Good luck with that. (R)(HD)

1.00am Road Wars (R) 1.50 Street Wars

(R) **2.40** Oops TV (R) **3.30** Lost (R)(HD) **4.20** Salon Takeover (R) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)

about Vinny and Angelina. **10.00** 16 and Pregnant **11.00** Scream Queens **12.00m't** South Park **1.00am** The Dudesons in America: Top pranks. **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm A Town Called Eureka **8.00** Medium **9.00** Haven: A psychiatric doctor goes insane. **10.00** FILM Pandorum: Horror starring Ben Foster. **12.10am** FILM Boogeyman 3: Horror sequel starring Erin Cahill and Chuck Hittinger. **2.00** Haunted Homes **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Mysterious Ways

FX (164)

7.00pm NCIS **9.00** King of the Hill **10.00** Family Guy: Lois meets one of her former boyfriends. **11.00** Life **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

TODAY'S MUST-SEES

"Don't step on my mum's daffodils, she'll kill you!"



KNOCKOUT FOOTY!

Man United vs Wolves

Sky Sports 2/HD, 7.30pm

SPORT It's the fourth-round Carling Cup tie from Old Trafford, which will almost certainly see United putting out a second-string side of youngsters and bench-warmers, and still absolutely slaughtering a near-full-strength Wanderers team (and before Wolves fans start writing letters of complaint, this is the view of the Nuts office Wolves fan!). OK, so we don't much care for the Carling Cup, but on a quiet Tuesday night, we'll take whatever footy we can get! ★★★★★



"I swear I left my massively oversized robot around here!"

CSI: Miami

Five, 9pm

DRAMA A wealthy porn baron is linked to rape and murder but Jesse's zeal for the case puts the investigation in danger. It's revealed that the detective pursued the same chap for killing his wife in LA, but the charges didn't stick. ★★★★★



"One kiss and I guarantee we'll get free drinks all night!"

Lip Service

BBC3, 10.30pm

DRAMA Apparently, this drama about lesbians has a storyline to it, and maybe one day we'll even care what it is! Just know that all the lady-lovers are fit and most of them get their kit off with startling regularity. Show of the decade! ★★★★★



Liverpool's new owners arrived

Harry & Paul

BBC2, 9.30pm

COMEDY The two comedy legends keep us chuckling with another host of new characters. Look out for a Film 2010 spoof, the Chocolatier and Cobbler tier going head-to-head and French comedians Jonny and Bing. Ace! ★★★★★

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PREVIEWS: PETE CASHMORE, FRANK TENNYSON PHOTOS: GETTY

6am

7pm

1am



6.00am Breakfast **9.15** Animal 24:7
10.00 Homes Under the Hammer **11.00**
Cowboy Trap **11.45** To Buy or Not to Buy
12.15pm Bargain Hunt: *From London.* (R)
1.00 BBC News, Weather **1.30** Regional
News, Weather **1.45** Doctors **2.15** Land
Girls (R) **3.00** BBC News, Weather,
Regional News **3.05** CBBC **5.15** Weakest
Link **6.00** BBC News, Weather **6.30**
Regional News Programmes, Weather



6.00am CBeebies **7.00** CBBC **8.30**
CBeebies **11.30** Daily Politics **1.00pm**
See Hear **1.30** Ready Steady Cook (R) **2.15**
Instant Restaurant (R) **3.00** Diagnosis
Murder (R) **3.45** Flog It! **4.30** Pointless
5.15 The Hairy Bikers' Cook Off **6.00**
Eggheads: *Quiz show with Jeremy Vine.*
6.30 Strictly Come Dancing - It Takes Two



5.30am ITV News **6.00** Daybreak **8.30**
Lorraine **9.25** The Jeremy Kyle Show
10.30 This Morning **12.30pm** Loose
Women **1.30** ITV News **1.55** Regional
News, Weather **2.00** 60 Minute Makeover
3.00 Dickinson's Real Deal: *From*
Warwickshire. **4.00** Midsomer Murders
(R) **5.00** The Alan Titchmarsh Show **6.00**
Regional News, Weather **6.30** ITV News



6.05am The Treacle People (R) **6.15**
Planet Cook (R) **6.35** Yo Gabba Gabba (R)
7.00 Freshly Squeezed **7.30** Everybody
Loves Raymond (R) **8.25** Frasier (R) **8.55**
According to Jim (R) **9.25** Coach Trip (R)
12.00noon Channel 4 News Summary
12.05pm My Eden (R) **12.15** A Place in
the Sun: Home or Away (R) **1.15** **FILM** The
Hound of the Baskervilles **2.55** Wogan's
Perfect Recall **3.25** Countdown **4.10** Deal
or No Deal: Trick or Treat **5.00** Come Dine
with Me **5.30** Jamie's 30 Minute Meals
6.00 The Simpsons (R) **6.30** Hollyoaks



6.00am Milkshake! **9.15** The Wright Stuff
10.45 Trisha Goddard (R) **11.45** House (R)
12.40pm Five News **12.50** Warship (R)
1.45 Neighbours **2.15** Home and Away
2.50 Animal Rescue Squad (R) **3.10** **FILM**
Murder Among Friends: *Romantic comedy*
thriller. **5.00** Five News, Weather **5.30**
Neighbours (R) **6.00** Home and Away
(R) **6.25** Live from Studio Five

7.00 The One Show
Topical chin-wagging.
7.30 Helicopter Heroes
A member of the team has a heart attack.
8.00 Waterloo Road
Grantly's home life unravels.

9.00 The Apprentice
MUST-SEE The bumbling idiots
sell innovative
products, or at least try to.

10.00 BBC News, Weather
10.35 The National Lottery
Draws
Number-plucking with Scott Mills.
10.45 Film 2010 with
Claudia Winkleman
Reviews of *The Kids Are All Right*, *Burke*
and *Hare* and *The Hunter*.

11.25 The League Cup Show
Highlights of the fourth-
round Carling Cup ties.
SPORT

12.20am Sign Zone:
Country Tracks (R)

1.20 Bang Goes the Theory (R) **1.50**
Watchdog (R) **2.50** Restoration Roadshow
(R) **3.20-6.00am** BBC News

7.00 Escape to the Country
Or to Sky1. Anywhere but here. (R)
8.00 MasterChef:
The Professionals
Carrot-chopping codswallop.

9.00 Wonderland -
Mad Cats and Englishwomen
The stories of two women who care for
London's street cats.

10.00 The Apprentice:
You're Fired!
"But I'm a money-making machine!" etc.

10.30 Newsnight

11.20 Whites
Roland is given the chance to film a
segment for a culinary TV show. (R)

11.50 Harry & Paul
The Chocolatier and his rival the
Cobbler meet a new nemesis. (R)

12.20-3.20am BBC News

4.00-6.00am BBC Learning Zone

7.00 Emmerdale
Hour-long episode. That's all we need.

8.00 Agatha Christie's Poirot
Moustache-based murder solving. A
guest at a village Halloween party boasts
of having witnessed a murder years
previously, then ends up dead himself.

10.00 ITV News, Weather

10.35 No Reservations
FILM Romantic comedy drama
starring Catherine Zeta-Jones.

12.35am The Zone
Shopping and interactive gaming.

2.35 **FILM** Shalako: *Western starring Sean*
Connery. **4.30** The Jeremy Kyle Show (R)
5.25-5.30am ITV Nightscreen

7.00 News

7.55 4thought.tv

8.00 Buried Alive:
The Chilean Mine Rescue
The rescue of the 33 miners trapped at the
San Jose mine in Chile. Amazing stuff!

9.00 Grand Designs
A former blacksmith devises his own way
of building a house. Smart*se.

10.00 The Million
Pound Drop Live
Game show presented by walking
foghorn, Davina McCall.

11.05 The Event
Confusing but promising new drama
starring Jason Ritter. Give it a go! (R)

12.05am The Event
The president's staff hurry to deal with the
plane situation. (R)

1.05 Rumer **1.15** Album Chart Show
1.30 We Are Together (R) **3.05** Brothers &
Sisters (R) **3.50** Hill Street Blues (R) **4.40**
ER (R) **5.25-6.10am** Countdown (R)

7.00 Five News at 7

7.30 How Do They Do It?
Halogen light bulbs and cylinder locks.

8.00 Cowboy Builders
More houses built from materials not
much sturdier than paper.

9.00 NCIS
A dramatic undercover operation results
in the death of a serial killer (yay!),
but evidence suggests he may have
had an accomplice (boo!). (R)

10.00 Law & Order:
Criminal Intent
Logan and Wheeler hunt an assassin.

11.00 Law & Order
A reporter is shot. (R)

11.55 Poker
SPORT Action from the high-
rollers competition.

12.50am SuperCasino
Wheel-spinning fun.

4.05 House Doctor (R) **4.25** Grand Tour
(R) **5.05** The Family Recipe (R) **5.10**
Michaela's Wild Challenge (R)
5.35-6.00am Nick's Quest (R)

REGIONAL VARIATIONS
BBC1 SCOTLAND: 7.30pm **LIVE** SportsScene 9.30
Helicopter Heroes 12.15-12.45am Scottish
Questions 12.50am Country Tracks **BBC1**
NORTHERN IRELAND: 10.45pm Festival Nights
11.15 Film 2010 11.55 **SPORT** The League Cup Show

12.50am Sign Zone: Country Tracks **BBC1 WALES:**
7.30pm Snowdonia 1890 10.45 Ask Rhod Gilbert
11.30 Film 2010 with Claudia Winkleman 12.10am
SPORT The League Cup Show 1.00 BBC News **BBC2**
SCOTLAND: 7.00pm MasterChef: The Professionals

8.00 Waterloo Road **9.00** The Apprentice 11.20
Wonderland - Mad Cats and Englishwomen
12.20am Whites **12.50** Harry & Paul **1.20** BBC
News 1.30-3.20am BBC News **BBC2 NORTHERN**
IRELAND: 11.20pm Spotlight 11.50 Whites

12.20am Harry & Paul **12.50-3.20am** BBC News
BBC2 WALES: 7.00pm The Big Silence **STV:**
8.00pm Wild Islands 9.00 In Search of Burke and
Hare 10.30 STV News 10.40 October Road 11.35
Dating the Enemy 12.00m't Brain Box 1.00am The

TODAY'S SPORT



6.00am Good Morning Sports Fans (HD)
9.00 Football (HD) **10.30** Football Asia
11.00 Spanish Football **12.00noon**
A-League **12.30pm** Football (HD) **2.00**
Football Asia
2.30 Spanish Football
3.30 A-League
4.00 Football Asia
4.30 Football (HD)
6.00 Football Asia
6.30 FIFA Futbol Mundial
7.00 Sky Sports News at Seven (HD)
7.30 Soccer Special (HD)
10.00 You're on Sky Sports!
11.30 FIFA Futbol Mundial
12.00m't Football (HD)
1.30am Total Rugby
2.00 FIFA Futbol Mundial
2.30 You're on Sky Sports!
4.00 Football (HD)
5.30-6.00am FIFA Futbol Mundial



6.00am Aerobics **6.30** Urban Ride **7.00**
Spanish Football: *La Liga action.* **8.00**
Polocrosse **9.00** Polo **10.00** Pool
11.00 Poker (HD)
1.00pm Polo
2.00 Pool
3.00 Poker (HD)
4.00 Watersports World
6.00 European Tour Weekly
6.30 Inside the PGA Tour (HD)
7.00 Total Rugby
7.30 **MUST-SEE** Football: *Newcastle vs*
Arsenal, kick-off 7.45pm. (HD)
10.00 Transworld Sport
11.00 Golf
12.00m't Golfing World
1.00am Inside the PGA Tour (HD)
1.30 European Tour Weekly
2.00 Golf
4.00 Golf
5.00-6.00am Golf

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
6.45pm Logan's Run **9.00** The Waterboy:
Comedy starring Adam Sandler. **10.45**
The Abyss: *Sci-fi thriller starring Ed Harris.*
1.25-3.25am Summer Interlude

COMEDY CENTRAL (126)
7.00pm The King of Queens **8.00**
Scrubs: *Elliot stands up to Dr Kelso.* **9.00**
Two and a Half Men **10.00** The Office: An
American Workplace **11.00** Sex and the
City **12.40am** Two and a Half Men **1.40**
South Park **2.40** Scrubs **3.10** Two and a
Half Men **4.05** Shortcuts Shuffle **4.20**
The King of Queens **5.10-6.00am** Frasier

ESPN **6.00pm** **LIVE** Live
Dutch Football
10.00 30 for 30
11.30 Poker **12.30am** Press Pass 2010
1.00 **LIVE** NBA Basketball **3.30** ESPN
Kicks Extra **3.45** Premier League World
4.15-5.30am Bundesliga Review Show

DISCOVERY (520)
6.00pm Mythbusters **8.00** How Do They
Do It? **8.30** How It's Made **9.00** Britain's
Greatest Ships **10.00** Trawler Wars **11.00**
Frontline Battle Machines with Mike
Brewer **12.00m't** Bear Grylls: Born
Survivor **1.00am** Deadliest Catch
2.00 Chris Barrie's Massive Engines
3.00 Weaponology **3.50** Treasure Quest
4.40 Days That Shook the World
5.30-6.00am How Does That Work?

BBC3 (115)
7.00pm Great Movie Mistakes: *Blunders*
in Hollywood films. **8.00** Don't Tell the
Bride **9.00** **FILM** Deep Impact: *Sci-fi*
drama starring Robert Duvall. **10.50**
Family Guy **11.40** Lip Service **12.40am**
One Non Blonde Down Under **1.10**
Russell Howard's Good News **1.40**
Great Movie Mistakes **2.35** Lip Service
3.35 One Non Blonde Down Under
4.05-5.05am Don't Tell the Bride

E4 (136)
7.00pm Friends **8.30** Hollyoaks **9.00**
Hollyoaks Later **10.00** Desperate
Housewives **11.00** Rude Tube **12.05am**
Hollyoaks Later **1.10** RuPaul's Drag
Race **1.55** Scrubs **2.40** RuPaul's Drag
Race **3.25** Life Unexpected **4.05**
Switched **4.30** Accidentally on
Purpose **4.50-6.00am** Switched

DAVE (111)
6.40pm Have I Got News for You **7.20**
Everest ER **8.00** The Best of Top Gear **9.00**
Not Going Out **9.40** Peep Show: *Top*
comedy. **10.15** Qi **10.55** Mock the Week
11.35 Not Going Out **12.15am** Peep
Show **12.50** Qi **1.25** Pulling **1.55**
Chandon Pictures **2.20-3.00am** Banzai

MTV (350)
6.30pm Teen Mom **8.00** Celebrity Bites
8.30 My Super Sweet 16 **9.00** The Hard
Times of RJ Berger **10.00** 16 and

27 OCTOBER

WEDNESDAY

FULL 7
DAY TV
GUIDE!

sky1

6.00am The Biggest Loser US (R) 7.00
Brainiac: History Abuse (R) 8.00 Oops
TV (R) 9.00 Zoo Vet at Large (R) 9.30
Zoo Vet at Large (R) 10.00 Bones (R)(HD)
11.00 Kim's Rude Awakening (R)(HD)
11.30 Babies at Risk (R) 12.00noon
The Biggest Loser US 1.00pm Project
Runway (R)(HD) 2.00 Bones (R)(HD)
3.00 Stargate Atlantis (R)(HD) 4.00
Stargate Atlantis (R)(HD) 5.00 Malcolm
in the Middle (R) 5.30 Futurama (R) 6.00
Oops TV (R) 6.30 The Simpsons (R)(HD)

7.00 The Simpsons
Lisa discovers Bart's twin. (R)

7.30 The Middle
Axl's ex is back on the scene. (HD)

8.00 Fat Families
Salad-dodging types lose weight.

9.00 Bones
Afghanistan war correspondent Hannah
Burley pays Booth a surprise visit. (HD)

10.00 Lie to Me
MUST-SEE Lightman fights
a wrongly accused
man's cause in a bid to defend him
against a mob. Rather him than us. (HD)

11.00 Gladiator
FILM Ridley Scott's brilliant ancient
Roman epic starring Russell
Crowe and Oliver Reed. (HD)

1.55am Street Wars (R) 2.45 Brainiac (R)
3.00 Oops TV (R) 3.30 Lost (R)(HD) 4.20
Salon Takeover (R) 5.10-6.00am Are You
Smarter Than a 10 Year Old? (R)(HD)

Jeremy Kyle Show 2.00-5.30am The
Nightshift **ULSTER: 10.30pm** UTV Live
Tonight 11.00 Supersize Teens 12.00m't
2.35am Brain Box **ITV1 WALES: 10.30-
10.35pm** Wales Tonight, Weather

Pregnant 11.00 Scream Queens
12.00m't South Park 1.00am The
Dudesons in America: Nutty stunts. 2.00
South Park 3.00-6.00am All the Hits

SVFY (129)
7.00pm A Town Called Eureka 8.00
FILM Stonehenge Apocalypse: Thriller
starring Misha Collins. 9.50 **FILM**
Triangle: Horror starring Melissa George.
11.50 Haven 12.50am **FILM** The
Terminators: Thriller starring Jeremy
London. 2.30 3rd Rock from the Sun
3.00 Mysterious Ways 4.00 Quantum
Leap 5.00-6.00am Mysterious Ways

FX (164)
7.00pm NCIS 9.00 American Dad!
10.00 Burn Notice: Michael learns his
file is being reviewed. 11.00 Dexter:
A 10-year-old boy goes missing.
12.10am Farscape 1.10 Babylon 5 2.10
ReGenesis 3.10-4.10am Water Rats

TODAY'S MUST-SEES



"Have a look. I've tucked
a copy of Razzle inside"

Harry Potter And The Halfblood Prince

Sky Movies Premiere/HD, 8pm

FILM The Potter franchise gets
all dark with this latest
instalment. Lord Voldemort's running
amok, Draco Malfoy undertakes
a malevolent assignment and Harry
gets a vivid insight into how the Dark
Lord became so powerful. Check out
the Death Eaters' set-piece along the
Thames – one of the stand-out scenes
of the entire series. And of course
there's the shocking death of one
of the major characters right at the
end. Amazing stuff! ★★★★★

MAGIC HARRY!



"And this is the face
I make when I'm dancing"

Newcastle vs Arsenal

Sky Sports 2/HD, 7.30pm

SPORT Chances are Arsenal will put out a team
of kids for this Carling Cup fourth-round
tie. How long before they're crying for their mummies
in the fevered atmosphere of St James' Park? ★★★★★



The benefit cheat lined up
with his illegitimate kids

Lie To Me

Sky1/HD, 10pm

DRAMA Genius psychologist Lightman uses all
his scary intuition to defend a wrongly
accused man threatened by a hostile mob. In doing
so, he uncovers a secret which helps a mother and
daughter reconcile. Ah, bless! ★★★★★



"Karren, get the
coffee, will you, love?"

The Apprentice

BBC1, 9pm

REALITY The Apprentice meets Dragons' Den
as the remaining clueless buffoons...
er, "budding entrepreneurs" visit the Science Museum
to choose new inventions to flog to Britain's largest
retailers. Well, that's the theory. ★★★★★

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6am

BBC ONE

6.00am Breakfast **9.15** Animal 24/7
10.00 Homes Under the Hammer (R)
11.00 Cowboy Trap **11.45** To Buy or Not to Buy **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Land Girls (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R)
12.00noon Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** Ready Steady Cook **2.15** Instant Restaurant (R) **3.00** Diagnosis Murder (R) **3.45** Fog! **4.30** Pointless **5.15** The Hairy Bikers' Cook Off **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

4

6.10am Sali Mali (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** According to Jim (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** A Place in the Sun: Home or Away (R) **1.05** **FILM** Born Free: *Wildlife adventure.* **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal: Trick or Treat **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House (R) **12.40pm** Five News **12.50** Warship (R) **1.45** Neighbours **2.15** Home and Away **2.50** Animal Rescue Squad (R) **3.10** **FILM** Suburban Madness: *Darkly comic crime drama starring Sela Ward.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7pm

7.00 The One Show
Topical stories hosted by Jason Manford.

7.30 EastEnders

8.00 Watchdog
Getting a poking tonight - supermarket pet insurers who refuse to settle claims. The little tinkers.

9.00 Have I Got News for You
John Bishop joins team captains Paul Merton and Ian Hislop for the quiz.

9.30 Reggie Perrin
Reggie becomes the boss at Groomtech and decides to have some fun.

10.00 BBC News, Weather

10.35 Question Time

11.35 This Week

12.30am Sign Zone: Panorama
Landlords accused of exploiting the poor and vulnerable. (R)

7.00 Keith Richards: A Culture Show Special
An interview with the super old, yet still very cool Rolling Stones guitarist.

8.00 Nigella Kitchen
Nigella cooks stuff that we'd like to reach into the telly and eat. We can only hope this is what the future of TV will bring us!

8.30 Autumnwatch 2010
A show about trees. It really is.

9.30 Autumnwatch Unsprung
And now a discussion about the show above. Hang in there for half an hour!

10.00 Never Mind the Buzzcocks
MUST-SEE Hooray! Finally something decent on BBC2! Catherine Tate hosts tonight.

10.30 Newsnight

11.20 Keith Richards: A Culture Show Special (R)

12.20am The Apprentice: You're Fired! (R)

7.00 Emmerdale
Chas invites Eve to Gennie's lingerie party. Hello, might this be the episode of *Emmerdale* we've all been waiting for?

7.30 How Safe Are Our Borders?: Tonight

8.00 Emmerdale
Chas locks Alicia in a cupboard and steals her clothes. So, is she naked then?

8.30 Coronation Street
Kylie announces she is going away. Bye!

9.00 Monte Carlo or Bust
NEW Jack Dee, Ade Edmondson, Jodie Kidd, Julian Clary, Penny Smith and Rory McGrath go on a road trip from London to Monaco.

10.00 ITV News, Weather

10.35 Rambo: First Blood Part II
FILM Action sequel starring Sylvester Stallone as the Vietnam vet John Rambo.

12.25am The Zone

7.00 News
7.55 4thought.tv

8.00 River Cottage Every Day
Hugh Fearnley-Whittingstall creates the ultimate cheese sandwich. Just chuck in some mayo, surely?

9.00 Child Genius: Five Years On
Documentary revisiting the swotty kids first filmed in 2005.

10.00 The Million Pound Drop Live
More people try to win a cool £1m.

11.05 True Blood
MUST-SEE Jason tries to sever his ties with the cult church he's joined, with hysterical results.

12.15am Reaper
The Devil sends Sam to capture a soul and teams him up with Morgan.

7.00 Five News at 7

7.30 Jaguar Adventure with Nigel Marven
Nigel has three sightings of jaguars inside 24 hours. He's well happy about it! (R)

8.00 Escape from Alcatraz: The True Story
The real-life story of the 1962 three-man breakout from the US island prison. (R)

9.00 Life After Armageddon
Drama documentary exploring the aftermath of a deadly flu pandemic.

11.05 Impaled
People who have survived extreme body trauma, like being impaled. Ouch!

12.05am SuperCasino
Save your pennies.

1.00 Countryfile (R) **1.55** Antiques Roadshow (R) **2.55** Restoration Roadshow (R) **3.25-6.00am** BBC News

1.05-3.25am BBC News: *The day's big stories.* **4.00-6.00am** BBC Learning Zone

2.25 The Jeremy Kyle Show (R) **3.20** How Safe Are Our Borders? Tonight (R) **3.45-5.30am** ITV Nightscreen

1.10 King of the Hill **1.55** Dispatches (R) **2.45** Unreported World (R) **3.10** Studio 60 (R) **3.55** Brothers & Sisters (R) **4.40** ER (R) **5.25-6.10am** Countdown (R)

4.00 House Doctor (R) **4.25** Brian Sewell's Grand Tour (R) **5.05** The Family Recipe (R) **5.10** Nick's Quest (R) **5.35-6.00am** Nick's Quest (R)

REGIONAL VARIATIONS
BBC1 NORTHERN IRELAND: **11.35pm** Hearts and Minds **12.10am** This Week **BBC2 SCOTLAND:** **11.00pm** Newsnight Scotland **BBC2 NORTHERN IRELAND:** **7.00pm** In Your Corner **7.30** Hearts and Minds **10.00** **NEW** Blas Ceoil **11.20** Never Mind the

Buzzcocks **11.50** Keith Richards: A Culture Show Special **12.50am** The Apprentice: You're Fired! **1.30-3.25am** BBC News **STV:** **9.00pm** Underbelly: A Tale of Two Cities **10.30** STV News and Weather **10.40** Being Victor **11.10** Politics Now **12.00m't**

Brain Box **1.00am** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER:** **7.30pm** The Seven Thirty Show **10.30** UTV Live Tonight **10.55** Mourne **11.00** How Safe Are Our Borders? Tonight **11.30** **SPORT** RPM **12.00m't** Brain Box **ITV1 WALES:**

7.30pm Wales This Week **10.35** Sharp End **11.05** The Wales Show: *With tenor Wynne Evans.* **11.35** How Safe Are Our Borders? Tonight **12.00m't** Pulling Power **12.05am** Simply Gardening **12.10** Star Bites **12.15-12.25am** Pulling Power

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
9.00 Football (HD) **10.30** FIFA Futbol Mundial **11.00** Transworld Sport **12.00noon** Total Rugby **12.30pm** Football (HD) **2.00** Transworld Sport **3.00** FIFA Futbol Mundial **3.30** Football (HD) **5.00** Total Rugby **5.30** FIFA Futbol Mundial **6.00** Football (HD) **7.00** Sky Sports News at Seven (HD) **7.30** Premier League World (HD) **8.00** The Rugby Club (HD) **9.00** Ringside **10.00** Time of Our Lives **11.00** Football (HD) **12.00m't** Ringside **1.00am** Premier League World (HD) **1.30** FIFA Futbol Mundial **2.00** Time of Our Lives **3.00** Football (HD) **4.00** Ringside **5.00-6.00am** Football (HD)

sky SPORTS 2

6.00am Aerobics **6.30** Urban Ride **7.00** Motorsport **8.00** Transworld Sport **9.00** Urban Ride **9.30** Judo **10.00** Motorsport **11.00** Aerobics **11.30** Racing News **12.00noon** Watersports World **1.00pm** Motorsport **2.00** Urban Ride **2.30** Total Rugby **3.00** Watersports World **4.00** WWE: Vintage Collection **5.00** WWE Special **6.00** Urban Ride **6.30** World Hockey Monthly **7.00** ATP Tour Uncovered **7.30** **LIVE** Snooker: *Round seven of the Premier League in Cumbria.* **11.00** Golfing World **12.00m't** The Rugby Club (HD) **1.00am** Snooker **4.30-5.30am** The Rugby Club (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
7.00pm The Pink Panther Strikes Again: *Crime comedy sequel starring Peter Sellers.* **9.00** 10 Things I Hate About You: *Comedy starring Heath Ledger and Julia Stiles.* **11.00** Get Rich Or Die Tryin': *Music drama starring Curtis "50 Cent" Jackson and Joy Bryant.* **1.15** Smiles of a Summer Night: *Romantic comedy.* **3.25-3.35am** The Social Network Special

COMEDY CENTRAL (126)
7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** South Park **11.00** Sex and the City **12.10am**

ESPN **6.30pm** Basketball **8.30** Superleague Formula **9.30** Ski World Cup **10.00** MMA **10.45** UFC **11.45** Kicks **12.00m't** NBA Action **12.30am** **LIVE** College Football **3.30** Press Pass **4.00** MMA **4.45-5.45am** UFC Unleashed

Two and a Half Men **1.10** South Park **2.10** Rules of Engagement **3.10** Scrubs **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)
6.00pm Mythbusters **8.00** How Do They Do It?: *How pilots prevent blackouts.* **8.30** How It's Made **9.00** I Shouldn't Be Alive **10.00** Deadliest Catch **11.00** Britain's Greatest Ships **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Chris Barrie's Massive Engines **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Top Gear **8.00** The World's Strictest Parents **9.00** Wait Till Your Teacher Gets Home! **10.00** EastEnders **10.30** Russell Howard's Good News **11.00** Family Guy **11.50** Freak Like Me

12.20am The World's Strictest Parents **1.20** Russell Howard's Good News **1.50** Wait Till Your Teacher Gets Home! **2.50** My School Prom **3.45** Freak Like Me **4.15-5.15am** Lip Service

E4 (136)
7.00pm Friends **8.30** Hollyoaks **9.00** Hollyoaks Later **10.00** PhoneShop **10.35** Jason Manford: Live **11.45** Rude Tube **12.00m't** Hollyoaks Later **1.05am** Misfits **2.00** Jason Manford: Live **2.55** Misfits **3.50** Scrubs **4.10** Accidentally on Purpose **4.35-6.00am** Switched

DAVE (111)
7.00pm Louis Theroux's Weird Weekends **8.00** The Best of Top Gear **9.00** Mock the Week **9.40** QI **11.00** Dave's One Night Stand **12.00m't** Mock the Week **12.40am** QI **1.45** Chandon Pictures **2.10** Never Mind the Buzzcocks **2.50-3.00am** Radical Highs

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** Medical Emergency (R) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 The Middle

Axl is dumped. (R)(HD)

7.30 The Simpsons

Marge campaigns against a martial arts craze in Springfield. (HD)

8.00 Modern Family

MUST-SEE Phil is plagued by the bleeping of a broken smoke alarm. It's funny stuff! (HD)

8.30 The Simpsons

Lisa becomes attached to a whale. (R)(HD)

9.00 An Idiot Abroad

Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro. (HD)

10.00 A League of Their Own

MUST-SEE Tinchy Stryder and Clare Balding pop in tonight in the funny sports quiz. (HD)

10.30 A League of Their Own

Dermot O'Leary guests. (HD)

11.00 NCIS: Los Angeles

A naval commander's daughter is videotaped being buried alive. (R)(HD)

12.00m't Wives (R)(HD)

1.00am Road Wars **2.55** Oops TV (R)

3.20 Lost (R)(HD) **4.20** Tabatha's Salon Takeover (R) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

MTV (350)

6.30pm Teen Mom **8.00** True Life **9.00** The Hills **9.30** 16 and Pregnant **11.00** Scream Queens **12.00m't** South Park **1.00am** The Dudesons in America **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm A Town Called Eureka **8.00** Fact or Faked: Paranormal Files **9.00** Warehouse 13 **10.00** Haven **11.00** **FILM** The Grudge 3: Horror sequel. **12.50am** **FILM** War Wolves: Horror starring John Saxon and Michael Worth. **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Mysterious Ways

FX (164)

7.00pm NCIS: Double-bill. **9.00** Family Guy: Double-bill. **10.00** American Dad! **11.00** Family Guy **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

TODAY'S MUST-SEES

SPORTS COMEDY!



The reflective camera was an error

A League Of Their Own

Sky1/HD, 10pm

COMEDY James Corden hosts a double-bill of the sports-based quiz. Round one sees pint-sized rapper Tinchy Stryder join forces with John Bishop on Redknapp's team. They're up against Georgie Thompson and Clare Balding on Flintoff's team – pedalos not included. The whole series was filmed in a week and a half and the gags keep coming as Dermot O'Leary and triple-jump champ Phillips Idowu enter the fray. Move over A Question Of Sport! ★★★★★



Fido longed to go to the toilet in private

Modern Family Sky1/HD, 8pm

COMEDY The mockumentary continues as Phil spends the entire episode cursing a broken smoke alarm whose non-stop bleeping is apparently screaming, "You're not a man" at him. It sounds a bit rubbish but it's actually hilarious. ★★★★★



As job interviews went, it was odd

Never Mind The Buzzcocks

BBC2, 10pm

QUIZ The funny music panel show continues with Catherine Tate as guest host. This week's guests include Howard Marks, Tulisa from N-Dubz and two people we haven't heard of. ★★★★★



"Oi! Honey! You call this a well-ironed shirt?"

True Blood Channel 4, 11.05pm

DRAMA Daphne's double-crossed Sam as it emerges she's working for weirdo Maryann. He really doesn't have much luck with the ladies. Meanwhile, Sookie uses her powers to find Bill, who's being held by his maker, Lorena. ★★★★★

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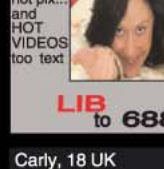
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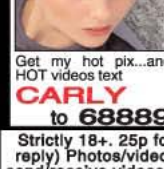
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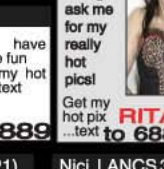
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Janie, SOUTH (41)



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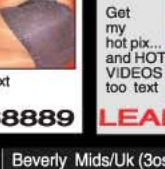
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The eyes of the colossal squid are over a foot wide, making them the largest peepers in the animal kingdom.

Vivian Wheeler of Illinois, USA, has the longest female facial beard in recorded history. At its longest in 1990, it was 27.9cm long.



"Wayne, I'm ready when you are, luv"

The costume for the Cowardly Lion in the 1939 movie *The Wizard Of Oz*, was made from real lion pelts.

Sheffield's James Field holds the world record for the most bungee jumps in one hour. He managed 42.

Because it contains both zinc and calcium, semen can help to prevent tooth decay.

Every time the celebrated - and deaf - composer Beethoven sat down to write music, he would first pour iced water over his head.

The mako shark is the most difficult man-eater to keep in captivity. To date, the longest-surviving mako died on its fifth day in an aquarium.

The glue on all Israeli postage stamps is certified kosher.

A Formula One car's brake discs have to operate at temperatures in excess of 1,200C.

Wrestling legend Hulk Hogan was the first choice to endorse what would subsequently become the George Foreman Grill.



It was the world's ugliest envelope

PUB AMMO ON... PARANORMAL ACTIVITY 2



"I just hate Ikea beds"

- The trailer for *Paranormal Activity 2* was pulled from cinemas in Texas after viewers complained that it was too scary.

- The ending to the original *Paranormal Activity* was changed after the intervention of Steven Spielberg.

- *Paranormal Activity* cost \$15,000 to make and grossed \$9.1m in its first week - a 60,700 per cent profit.



"I've just seen your porn collection"

- The original PA2 director, Kevin Greutert, was forced by Lionsgate Pictures to leave and direct *Saw 3D* instead.

- *Paranormal Activity 2* is at cinemas from Friday, 22 October.



"Like my meat?"

Suit up for action



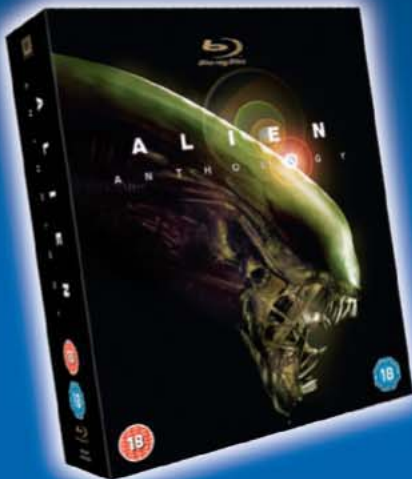
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